

Shaping your future

One way to get and stay motivated is to **be really clear about the extent to which you can shape your own future life**. You can use a scaling diagram to do this:

On a scale of 1 - 10 how much do you feel you can shape your future life?

1 = hardly at all :(_____ 10 = totally :)

Put a X on the line where you think you are now

1 2 3 4 5 6 7 8 9 10

Then:

List three things **you can definitely do** to shape your future - and **don't forget them**

1.

2.

3.

List three things **you want to be able to do** to shape your future - and **find out how to do them**

1.

2.

3.

List three things **you can't do** to shape your future - and **don't worry about them**

1.

2.

3.

'The most common way people give up their power is by thinking they don't have any.'

Alice Walker