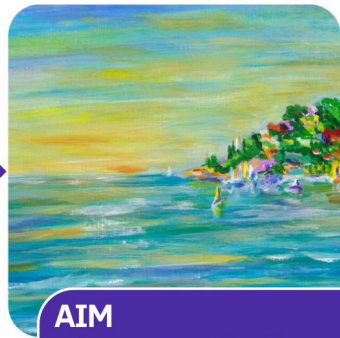




ACKNOWLEDGE your location

Recognize your current situation.

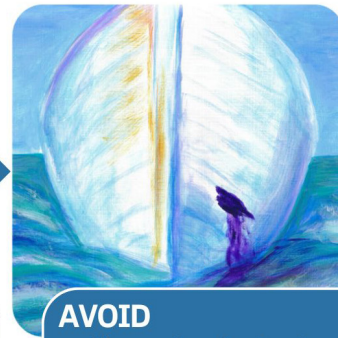
- Take a deep breath, relax and notice how your body is doing ...
- Take note of the thoughts that go through your mind ... and how you feel ... and which of your needs are currently met or not met ...



AIM at your destination

Become clear about where you want to go.

- What is your most important desire in terms of ... ?
- What would be the best, if you were to fulfill this wish? What would you then see/ hear/ feel/ have?
- What would be the impact of that?



AVOID self-made obstacles

Find out what is holding you back.

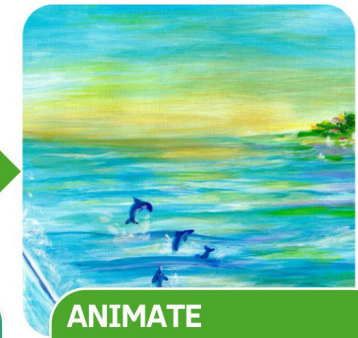
- What do you unconsciously want to avoid by pursuing this goal?
- What thoughts or behaviors do you have that sabotage yourself and make it harder to achieve your goal?



APPOINT your route and go

Decide how to get around the obstacles.

- What is your next step to get around the obstacle inside?
- How does this step help you get what you want to achieve and avoid what you want to avoid?
- When will you do it?



ANIMATE your journey

Brainstorm ways to ease your voyage.

- How have you so far managed to inject a little fun into hard phases of your life?
- Who or what could make your journey easier so that you keep going?

