

BACK TO YOU

RECONNECTING YOUR PAST WITH YOUR FUTURE

For this session, you will need:

- Printed handout (Past – Present – Future)
- Plain white paper
- Writing utensils
- Colored pencils or crayons

Florida Creativity Weekend

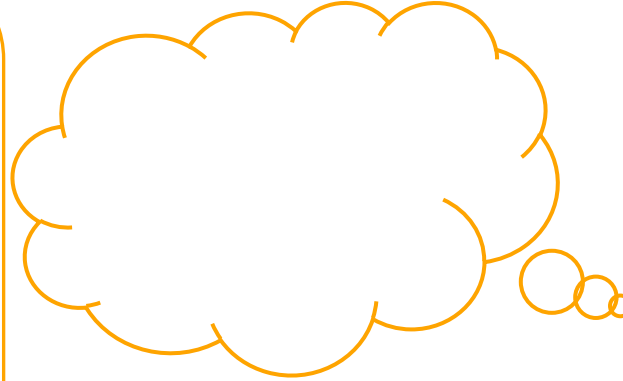
March 20, 2021

MY YOUNGER SELF

KEY MOMENT IN MY LIFE

Why this moment helped define who I am today and key lessons I learned

WHAT I THOUGHT



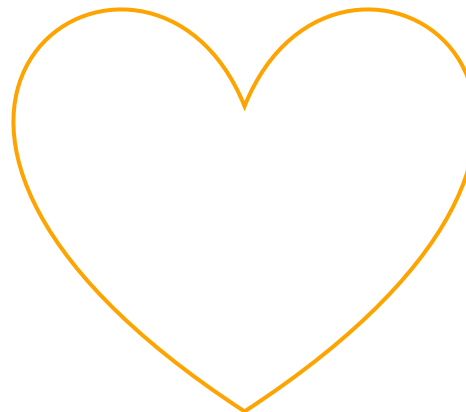
WHAT I SAID



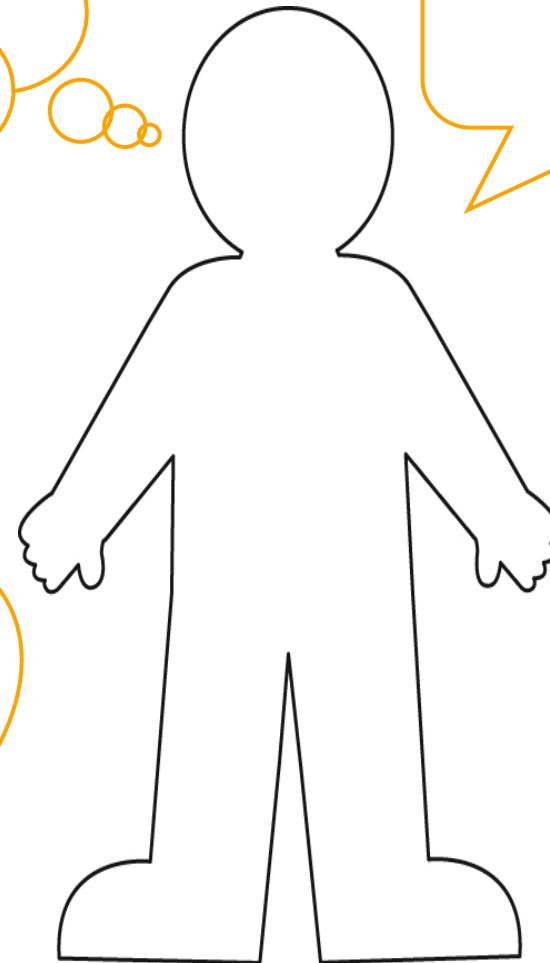
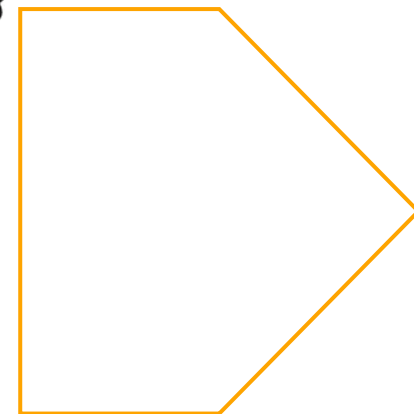
MY AUTHENTIC SELF

Key personality traits or characteristics, what I love and admire about this person

HOW I FELT



HOW I ACTED



MY PRESENT

WHAT'S MISSING IN MY LIFE

A 'forgotten' part of myself I would like to reclaim



MY WISH...

WHAT'S HOLDING ME BACK

Thoughts, feelings, situations, behaviors that are blocking my authentic self

WHAT BRINGS ME JOY

People, places, things, feelings that help me return to my 'authentic self'

ADVICE FROM MY YOUNGER SELF

What would my younger self say to me today?

MY FUTURE

TURNING MY WISH INTO MY FUTURE GOAL (I WILL...)

STEP 1:

SMALL STEP:

MICRO STEP:

RIGHT NOW!

STEP 2:

SMALL STEP:

MICRO STEP:

RIGHT NOW!

STEP 3:

SMALL STEP:

MICRO STEP:

RIGHT NOW!

FUELING MY JOURNEY

How I will stay inspired to achieve my goal

RED FLAGS

Warning signs that I am getting off track or falling into old thought / behavior / emotion patterns

GETTING BACK ON TRACK

How I will remember my 'authentic self' as I work toward my goal