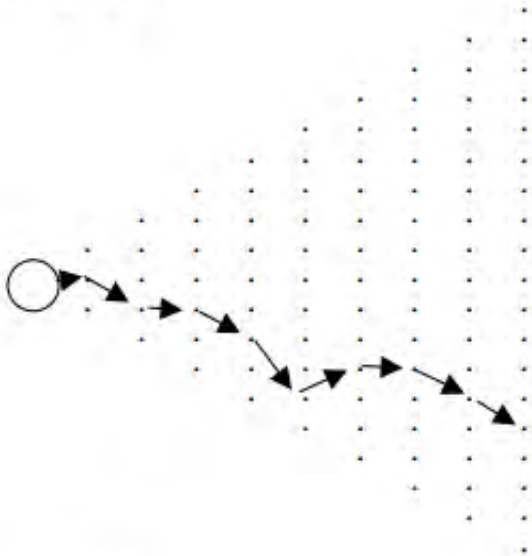




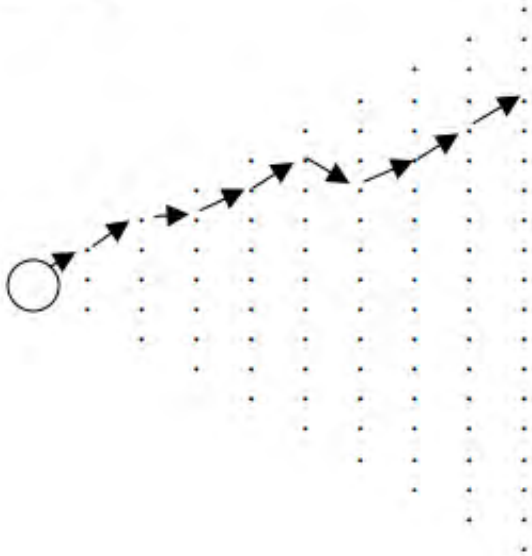
SHAPING MY REALITY

Instructions: Look at the picture on the next page. Imagine that each dot is an action that you can take. You can either move up or down. Imagine that you are now at the circle. Make ten moves. You will move from to the right. You can either move directly to the right, upward and to the right, or downward and to the right. Each move seems small and does not move us very far from the last move. Now make 10 moves. 10 moves later where are you? By making small moves, small actions, we can shape our reality.

Example A.

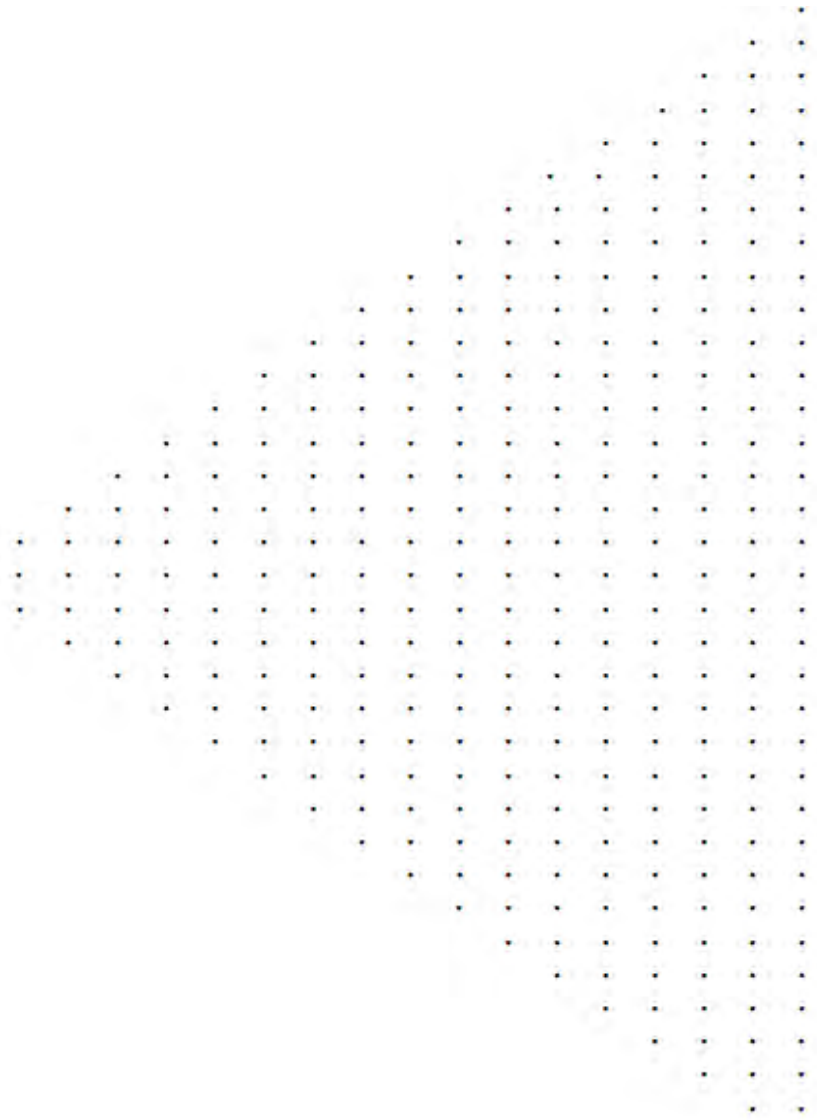


Example B.





SHAPING MY REALITY



Take Home Message:

At each moment in time, I can choose what I will do and how I will react to what is happening.

If I consciously choose to do or think something that will improve my emotional and physical health, I will gradually improve my personal reality.

This is how I can shape my life.

By taking many small steps, I can improve my life and my reality.