



### A –Z of Things I want to Be, Do and Have

Taking time out for yourself really does, give you clarity of thought, allow you to re-connect to your “self”, boosts your self esteem, allows you to relax and re-energise and also makes you much nicer to be around and far more able to help those around you, so don’t feel guilty see it as an a necessity. To give your best, you need to be fully charged and fully in-tune with your best “self”.

There is a saying that “You get what you focus on”. So if you were to say “ I am totally happy” – what would that mean to YOU?

Take a little time out to focus on what you really want to achieve in your life and complete the table below

	Be	Do	Have
A			
B			
C			
D			
E			
F			
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