

EXERCISE 1

Think of something in the past where you can relate these Phases to and complete the following questions.

PHASE 1 – SETTLED AND CENTRED

What were you doing when you felt settled and centred? How did you feel being in this phase?

PHASE 1 – SETTLED AND CENTRED

How did you feel being in this phase? What were your feelings?

PHASE 2 – RADAR SIGNALS – CHANGE

When you felt change was about to happen, what radar signals were you receiving?

PHASE 2 – RADAR SIGNALS – CHANGE

What were your behaviours at the time?

PHASE 2 – RADAR SIGNALS – CHANGE

What behaviours did you dislike?

PHASE 2 – RADAR SIGNALS – CHANGE

What behaviours did you like?

PHASE 3 – REFLECT AND ASSESS

What breakthrough did you have when reflecting and assessing?

PHASE 3 – REFLECT AND ASSESS

How does that feel, knowing that breakthrough?

PHASE 4 -REVEALING YOUR CHOICES

What possibilities did you start to experience?

PHASE 4 -REVEALING YOUR CHOICES

How did your possibilities make you feel?

PHASE 5 – RE-INVENTING

What did you reinvent?

PHASE 5 – RE-INVENTING

Were you happy with the outcome?