

Project ME - Future ME

**WHO ARE YOU
COMMITTED TO
BECOMING?**



**HOW ARE YOU
GOING TO ACHIEVE
THE NEW YOU**



**WHAT
OBSTACLES MAY
YOU FACE?**

**WHAT DO YOU
NEED TO TELL
YOURSELF?**

**WHAT OLD BELIEFS DO
YOU NEED TO LET GO
OFF?**

What Support do you need?

Please insert words to support becoming your future self – what do you need to say, hear, what support do you need?