

# FREE WRITING: MY BEST LIFE

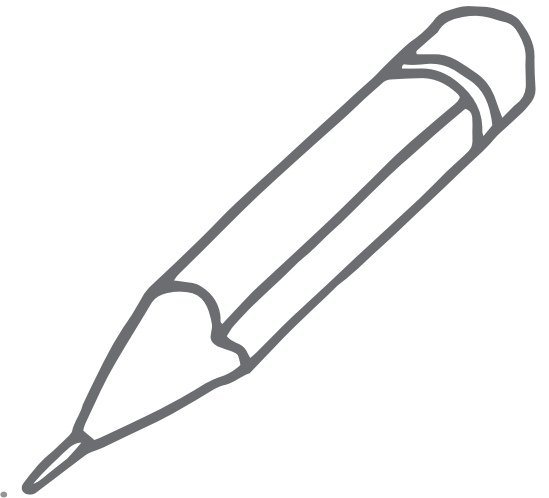
## WHAT'S THE POINT?

Normally when we communicate, we make our thoughts sound rational or socially acceptable. Free writing helps us see what is in our subconscious – without it being sanitised. It can be useful for releasing pent up emotions or to help you identify unproductive thoughts.

## LET'S DO IT!

Here is a big blank space. Think about what your perfect week would look like and describe it. Use quite small writing and simply begin to write. Think about what you are doing in your perfect week and how it makes you feel. The main thing is not to stop! Don't worry about punctuation, making sense or sanitising what you say because it sounds weird, ugly or strange. Just write.

IF YOU WERE  
BEING THE BEST  
VERSION OF YOURSELF,  
WHAT WOULD YOU BE  
DOING RIGHT  
NOW?



## REFLECT & QUESTION

What do you notice when you read this back?  
How similar is this to your life right now?  
What is really holding you back from planning to have this life?

## PARTING SHOT

What is one step you could take right now that would bring your current week more in line with your perfect week?