

WHICH NEIGHBOUR WOULD YOU LIKE TO MEET?



WORK IN PROGRESS

Does one of your neighbours _____
sympathetic, but you've never _____
exchanged more than "hellos" _____
with him so far? _____

When will you invite him for _____
coffee/tea? _____

Record here how it went. _____

PS: Someone may also be a few _____
houses away. _____

HAVE YOU EVER GOT LOST AND STILL FOUND YOUR WAY BACK?



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Sometimes the path is
rocky and difficult.

Describe the last time you lost
your way, but then found your
way again.

How did you feel after you got
back on track?

calm?

CONTEMPLATE THE SUNRISE OR THE DUSK.



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Most of the time we don't
even notice the beauty that is
so present twice a day.

Take the time to watch the sunrise
or the sunset.

What colours is the sky?
How do you feel?

IN WHICH SITUATION HAVE YOU EVER RECEIVED HELP ?



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When was the last time
you got help?

Did you find it difficult to
accept or ask for them?

How about the other way
around, when you offer the
help?



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It is difficult to express fears
and worries, but it is also
relieving.

If you don't want to talk about it
with your friends or relatives, then
try the telephone counselling service.

Do you feel relief?

DO WHAT YOU FEEL LIKE
DOING - NO MATTER
HOW WEIRD OR FUNNY
OTHERS THINK IT IS!



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People are different. So are
their hobbies and what
brings them joy.

Just do what you feel
like doing, no
matter what others
think.

What are you dying to try?

MAKE UP - JUST FOR
YOURSELF OR USE YOUR
FAVOURITE PERFUME.



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Putting on make-up or your
favourite scent should not be a
pleasure for others.

Do this for yourself if it makes
you feel more
comfortable in your
skin.

How about dressing up even
though you're not going out?

WHAT DO YOU WANT TO CHANGE ABOUT YOURSELF? WHY?



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Just about everyone has construction sites.

What are yours?

Do you want to change something
about your appearance or are you
massively disturbed by
characteristics?

why do you want to change things?

Would that change anything in your

life?