

Reflecting on the past, current and future states

Draw or write about what life looked like one year ago.
What was different from your life now? What was the same? How did you feel?

Draw or write about what life currently looks like.
This can include things you enjoy and things you miss from the past.

Draw or write about what you hope life will look like in the future.
Think about what you drew or wrote for the previous two examples and imagine how things could be different in the future. What do you want to change. Think about ways to make that happen.