

Journal Time.

Just for a moment, shut your eyes and think of something you would like to happen, experience, or achieve in your life. It could be tomorrow, next week, in a month or whenever. It could be anything, winning at a sport, passing an exam, having a date with that special 'someone', acquiring something new, just being understood better by people in your life.

Whatever it is, **see it** happening to you now. Allow yourself to really be in that moment. **Feel it, touch it, smell it, own it** in every way possible. Stay there for a few moments and make it feel real.

Record the details of this exercise for future reference and believe all things are possible.

Activity adapted from *Teens, You Have The Power!* By Jude Ashworth, available to **buy online at www.achieveandbe.com**



Teens, You Have The Power!

an empowerment tool for teens,

By Jude Ashworth

