

The Swap Shop.

Your Action Figure is now on sale...Woohoo!

The Swap Shop is a shop where you can buy, sell & change things about your Action Figure (or you). What would you sell? What would you like to buy more of? If you could change just one thing, what would it be?

What would you sell?

What would you buy more of?

The one thing I would change is...

Imagine you have made the swap & changed the above.

How are you different? What is happening now? How do you feel if this really happened? How would this make you a better person?

Self-Target Time

What targets can you set yourself right now to help make that change?

- 1.
- 2.
- 3.

“Remember we’ll look at these targets next session & throughout your course”

