Please read chapters 9 and 10.

CHAPTER 9: NO REGRETS

✎ When you read this chapter, what were your thoughts about what Rob was saying?

✎ Are there people you should tell that you love them? Write their names below. Decide how and when you will tell them. Maybe in a phone call, a letter, an email, or text. Perhaps you'd prefer to say it to them when you next see them. Write how you will do it next to their names.

✎ Can you remember the first time you lost someone close to you? Can you describe how it affected you? If you don't have your own words, maybe the words of a song you know will help. Perhaps it might be easier to draw what it felt like. You choose.

Need help?

If you are struggling with the loss of someone close, maybe you could talk with a chaplain or counsellor? Talking with someone about it can help with your thoughts and feelings of loss.

CHAPTER 10: JUST DO IT

✎ Did you make a New Years' resolution earlier this year? What was it? Did you manage to keep it, or do anything to make it happen?

✎ What changes would you like to see in your life this week, this month, this year? Write down what they are.

✎ What can you do to make those changes happen? Write out your goals for change below, with dates when you'd like to start making those changes.

Rob's friend encouraged him to write out his goals and look at them at least once a week and ask himself, "Have I done anything in the last seven days that has moved me closer to seeing that goal achieved? Perhaps you could set a reminder to ask yourself the same question each week.

Something to think about ...

✎ What wisdom are you going to take away from these two chapters and how will you use it in your own life?

Next time ...

The next session will look at avoiding the debt trap, from chapter 11.

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Tel: 029 2081 0800. Web: cff.org.uk