



Starting Points

What matters most? *(good for 12 – 18 year olds. 12 – 15 year olds may find it easier if you provide them with paper to draw their circle on)*

This exercise asks people to think about what it that matters most to them – the most important things in their lives.

It is a visualisation. However, for young participants it might be helpful to provide paper and pens onto which they can draw a circle to write/draw what they think of.

This exercise lasts 10-15 minutes. If you are facilitating this with a group, go through the steps yourself before you facilitate the exercise with others. Use your own language if that helps. Try to introduce each step briefly and clearly but slowly. The participants need time for each image to come into their minds and to grow there so leave a good length of silence – however long feels right to you – between each step. Invite people to shut their eyes if they'd like to if they are doing the visualisation rather than paper exercise.

Step 1.

In your mind's eye draw a circle or draw a circle on your piece of paper. Into that circle put/write/draw the things you couldn't live without, the most important things to you, the things you might even be prepared to die for. These are things you really really need, not just things that are nice to have. You might think of a few things or just one or two things. These might be possessions, people, places, activities...

Step 2. With these things in your circle, imagine that they are doing really well. They are flourishing (growing or doing well), they are being sustained. Take a moment to enjoy this.

Step 3. Now put yourself in the circle. Imagine you're doing really well too.

Step 4. For the things in your circle to do well, other things also need to do well too. What are these things? For example, if your family is in your circle, what does your family need in order to do well and be happy? Think of these things and add them to your circle. Let them flourish too. Enjoy all the flourishing things in your circle.

Step 5. These are the things that matter most to you. These are the things you want to sustain.

Finish the exercise by inviting people to share a few more minutes silence, then to open their eyes if they have had them shut.