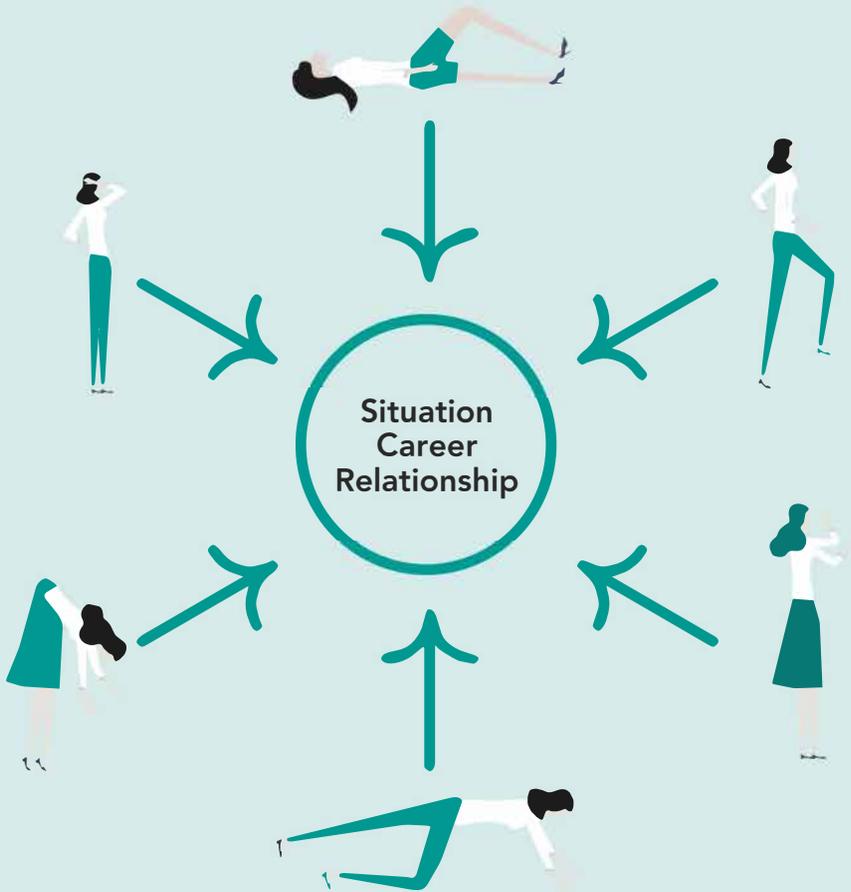
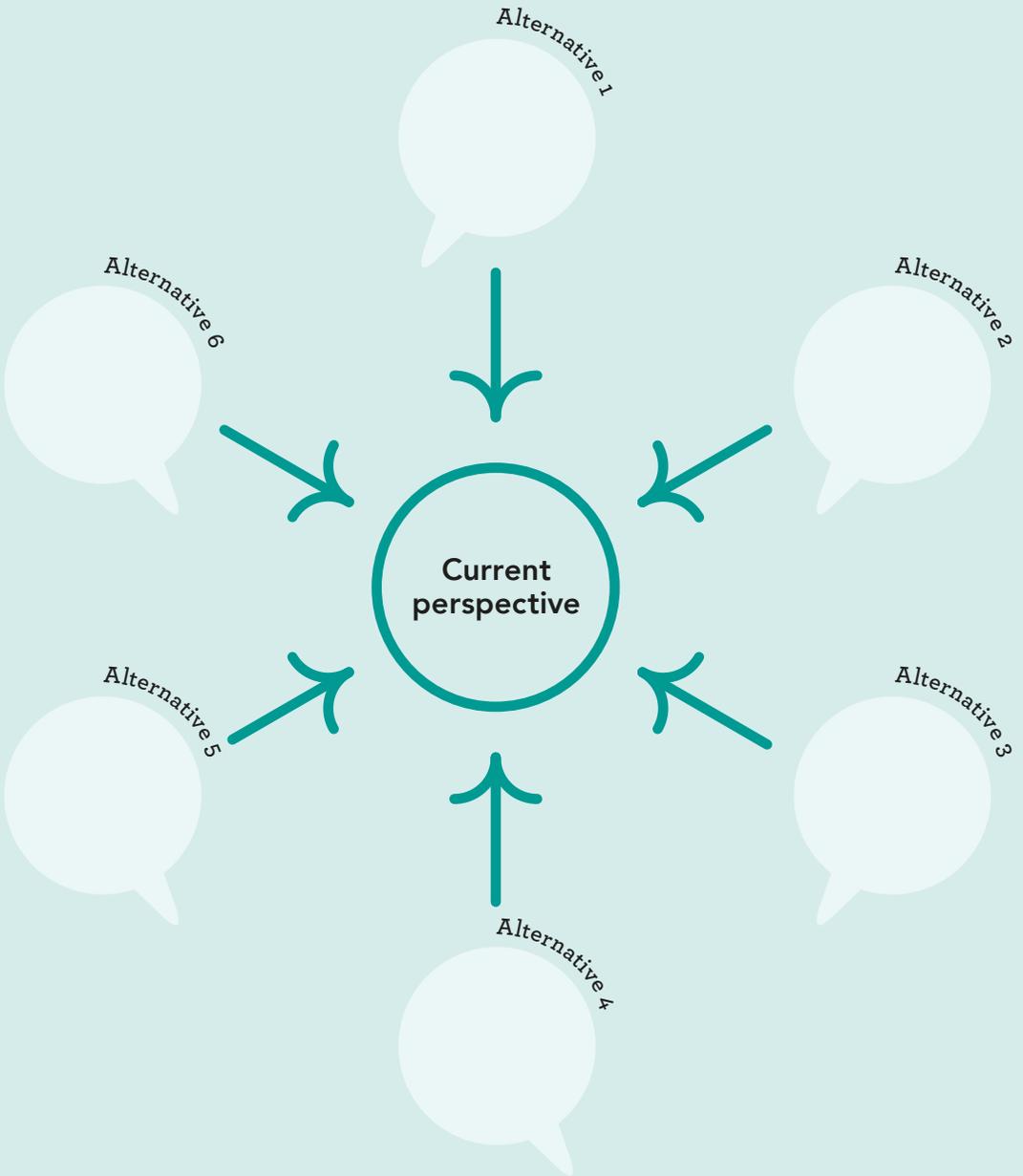


THE CHOICE ROOM

Find yourself a private room or space – somewhere you won't be disturbed. Think about one thing in your life you're not happy with, but which you feel 'stuck' with. Place the issue – be it your career or your relationship – in the middle of the room, separating the issue from your perspective (what you think and feel about it now).





01

Choose a perspective and name it

From where you are in the room, admit your current perspective (e.g. My job is dead-end and I'll die of boredom if I stay, I feel sad, down etc.) and realize how far you have convinced yourself of this. Go there, embody it, even give it a metaphor or a name.

02

Try other perspectives

Now that you have clearly defined your current view, this is the fun bit. Try some different ways of thinking and feeling about the issue. Move around the room, using any props within your space. Try lying down on the floor. Some people like to take on a character or an emotion as they move. For each new place or body position (try five or six), take time to notice what you think, believe, feel and would be doing about your issue. Try naming each perspective, such as 'on the beach' or 'from a window'. Write your new perspectives in the circles opposite.

03

Choose

When you feel you have enough perspectives, revisit each one – either mentally or literally. Do you want to stay in that first one? No? Then move around and choose the one you most want to go with right now. Maybe you tried lying down on your sofa, and that reminded you of lying on the beach, and here you really feel that whatever the situation, anything is achievable. Imagine all of the things you would be believing and doing from this new place. Write down the name of this perspective.

SAMPLE MANIFESTO

- I will accept how things are at the moment and vow to take regular daily action towards my new chosen career (whatever that is).
- I will sleep seven hours a night to help me stay on track with this (with one-hour of no TV/screens before bed).
- I will spend 30 minutes each morning researching the roles available in the field I'd love to work in.
- I will connect with one person a week in this field.
- I will switch off my FB/Insta alerts and only check my feeds once a day.
- I will take a proper lunch break of 30 minutes and go and eat my lunch away from my desk – outside if not raining.
- I will stop complaining about my work.
- I will be more grateful for all that I do have in my life already.

05

Create an anchor

You may want to create an anchor or structure to help connect you back to your new perspective – especially if you feel yourself slipping back to the old one. This can be an image of a beautiful beach, a rock or an item of clothing.

Note down what this anchor is.



Create a manifesto

In your new perspective, now create a manifesto (like the one opposite) describing how you are going to be, and what you are going to do about the issue at hand.

Write it out and refer back to it as much as possible. Give your manifesto a name, for example, The Beach Manifesto.