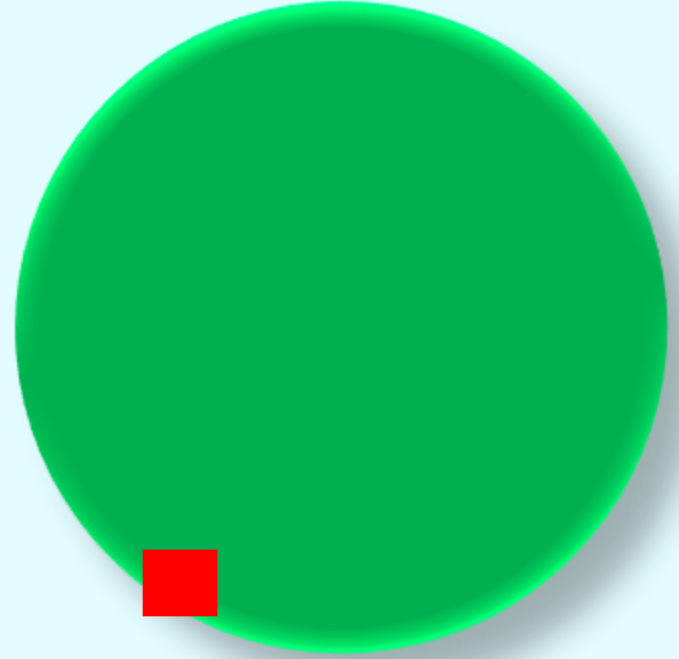
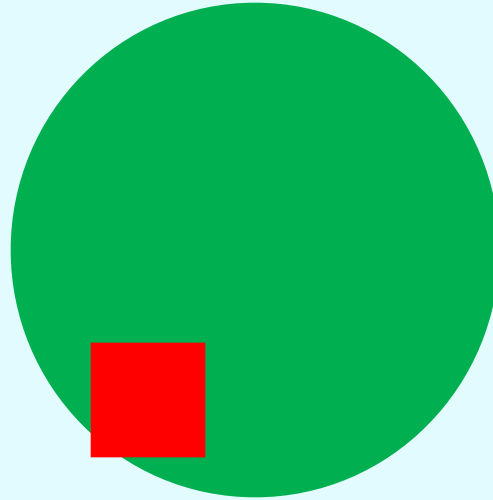
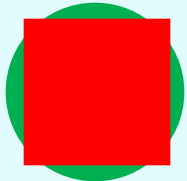
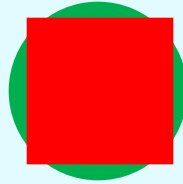


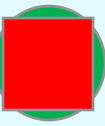
Red Square, Green Circle



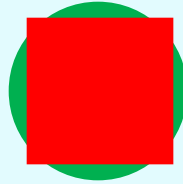


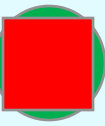
What do you want to do?



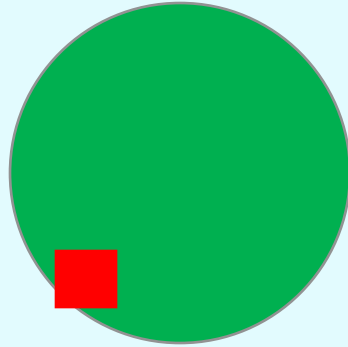


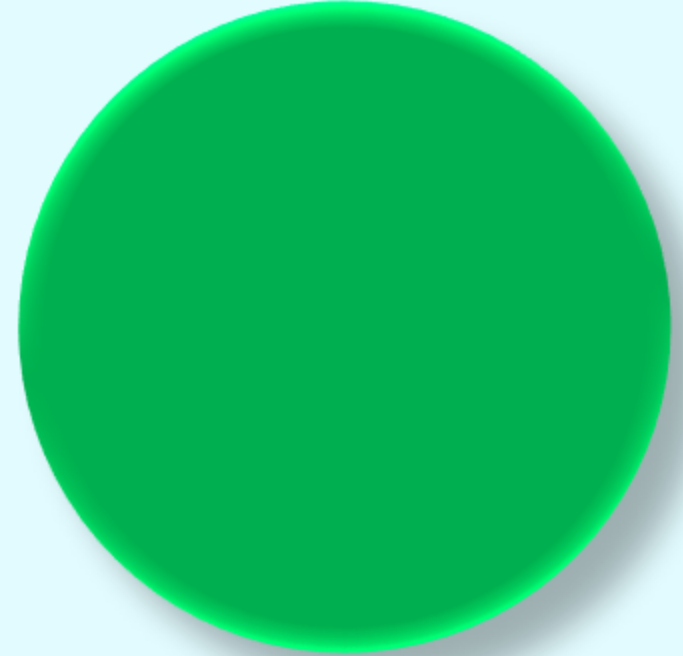
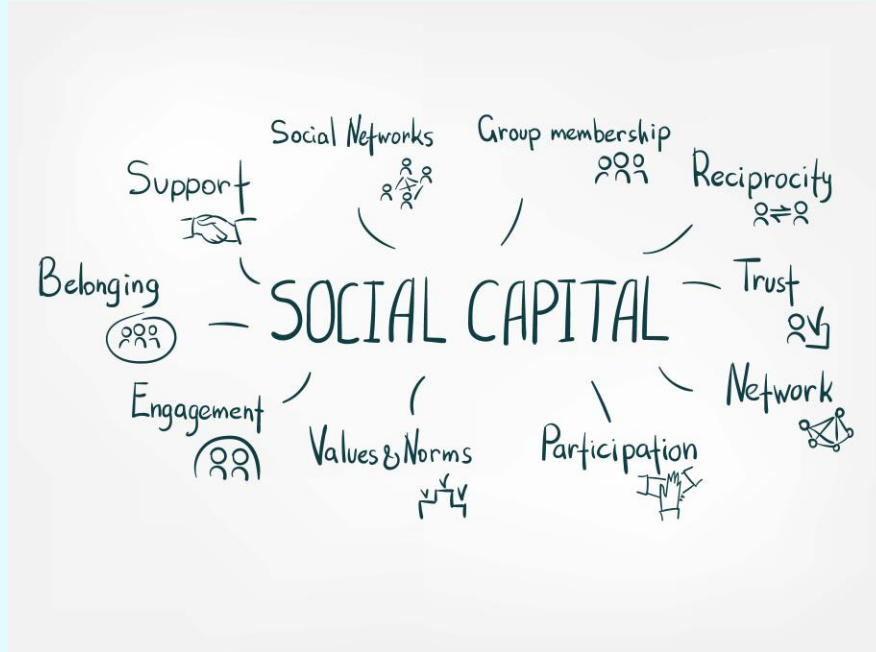
What do you want **to do**?





What do you want? ~~to do~~

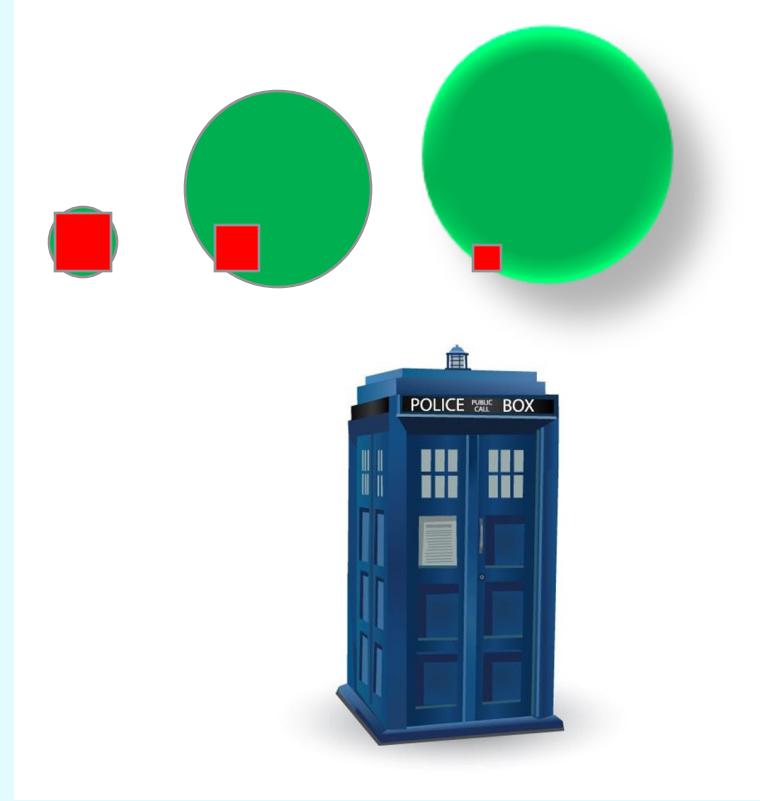




What do you want?



- *Describe* what you want in your *preferred future*
- Do you *notice* any of it happening *now/recently*?
- If you were *closer* to what you want, what would you *notice*?
- Now we can decide what *'to do'*
- Progress made in *'next small steps'*



Scaling in Space



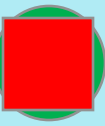
Scaling in Space – Stage 1

Think of a habit you would like to start/stop

(keep it to yourself)



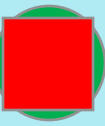
Scaling in Space – Stage 1



1. Pick two points in the room – make these 1 to 10 on your scale
2. Now, go and stand at 10 – imagine you have achieved your goal!
3. Find your nearest partner. Ask each other to describe what they notice now they are at 10 (i.e. they have achieved what they want). Extract details - what else? Keep extracting details.
4. Swap over after a few minutes



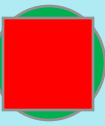
Scaling in Space – Stage 2



1. Now thank your partner
2. Move to the point on your scale where you think you are now
3. Keep facing 10 on your scale



Find your nearest NEW partner



- One of you ask:

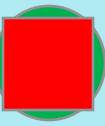
‘So what do you notice that tells you you are here on your scale, not one step back?’

‘What else?’

(A few minutes each then we will swap over)



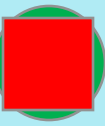
Numberless Scaling – Stage 3



1. Now thank your partner
2. If you moved, return to where you were before on your scale.
3. Facing 10 on your scale, take one (big) step forwards.



Find your nearest NEW partner



- One of you ask:

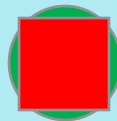
‘So what do you notice that tells you you are here now?’

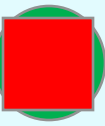
‘What else?’

(A few minutes each then we will swap over)



Comments and Feedback





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Thank You..