

### After Lockdown I'll .....

I found this exercise on the Kite Support App really useful, so I've included it here.

This is a hopeful exercise that will allow you to use your imagination, dream a little – and feel good about these choices. At the same time, it will remind you of who and what you value most, which provides a positive and affirming nudge.

Give yourself a quiet space to focus on this exercise, to imagine what each would give you, and visualize the experience. How are you feeling?

<b>5 people I'll see</b>	<b>5 places to visit</b>	<b>5 things to experience or achieve by May 2021</b>
1.		
2.		
3.		
4.		
5.		

More details on the Kite Support wellbeing App can be found here: <https://www.myhealthrev.com/kitesupport>