



These are the worlds  
where moments you treasure  
combine and constitute the  
'symphony' of YOUR life.

# People in your life about whom you have registered pleasant experiences

Again, YOU are going to BE and try to identify your own people experiences, BEFORE trying to reveal those which your cared-for person may reveal.

Start with earliest family members; uncles, aunts, schoolteachers, playground friends, shopkeepers, doctors, vicars, next-door-neighbours, etc.

Really get INTO this exercise yourself because you will be truly astonished when you look at the list of names AND the associated feelings attached to them!

This exercise will rekindle many feelings and people you may have thought that you had forgotten. Please note that we are looking ONLY for those which bring a smile and clear memories of the good times your have experienced.

You will have to write them down and ensure only the BEST are recorded. These are three of my many promoters of well-being!

My teacher. We used to tease our maths teacher because we knew he would throw chalk at us. We learned to duck!

My friend Chloe NEVER paid attention but she ALWAYS knew the answer when Mrs Dixon surprised her. We always laughed.

Uncle George was hilarious. I laughed everytime he visited us. He used to stand behind a door and talk like Mr Punch.

*Great fun!*

