



Wonderful Life Dice

In your group members pack you will have your very own Wonderful Dice.

Here's how it works:

In the box below make a list of 6 people.

5 people who motivate, inspire or impress you in some way. They can be famous people, friends, family, dead or alive.

You don't have to know them personally as long as they inspire you in some way.

The 6th person must be your best self, you at your absolute best when you are 10 out of 10.

Now whenever you are stuck or can't make a decision or feel angry about something or negative about someone just roll your dice.

If you roll a number 3 look at number 3 on your list and simply ask yourself:

What would they do? what advice would they give me? How would they deal with the situation?

Now simply model that behaviour.

Your Wonderful Life 5 + YOU

1. _____

2. _____

3. _____

4. _____

5. _____

6. YOU AT YOUR BEST