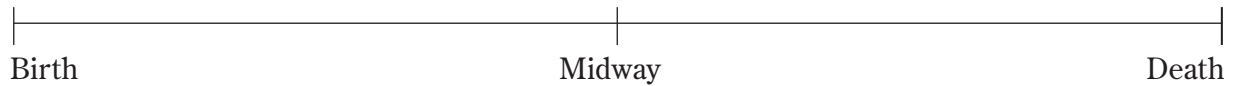


## EXERCISE 2: My time axis

Place an × on the continuum below at the point you feel you have reached in your life.



Now look at the position of your ×.  
Take a moment to reflect a little about life.

**Ask yourself these questions:**

**Your comments:**

Why did I place my ×  
where I did?

What have I got out  
of my past?

What do I wish to achieve  
in the future?

Am I going in the right  
direction? Or should I make  
some changes in my life?

<b>Ask yourself these questions:</b>	<b>Your comments:</b>
Can I concentrate on the NOW?	
Can I enjoy the NOW?	
Can I refrain from regretting the past?	
Do I look forward to the future?	
Can I make decisions – and live with them?	
Have I learned to regard my mistakes as valuable experiences?	
How much of my life do I live in the past?	
How much of my life do I live in the future?	
How much of my life do I live in the NOW?	