

A PRACTICAL GUIDE TO IMAGINE YOUR FUTURE



# Imagine being *able to imagine*

THE PRACTICAL GUIDE

[WWW.THEGAMEOFBOXES.WORLD](http://WWW.THEGAMEOFBOXES.WORLD)

# Expand, challenge & change...

YOUR IMAGINATION MUSCLE

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## Your physical location

'describe where you are when you start the process'  
Example: I'm sitting on a chair by my bed

## Where did you go?

'describe where you went'

## What did you notice?

'describe what did you notice'

## How did that make you feel?

'describe how that made you feel'