

What will your Butterfly look like?

Many of us are in lockdown at home, much like a caterpillar in a cocoon. To help our motivation and focus, think about what type of butterfly you want to emerge as? How will this butterfly feel, look and what will have been learnt...

Take time out and write down what your butterfly will be like...

What can become a strength now?

What weaknesses can I work on?

What can I focus on that I have never had time to before?

What is important to me moving forward?

What helpful habits would I like to start?

What other areas of my life can I develop?

How can I improve my performance in new and different ways?

*sportswales
chwaraeoncymsu*

