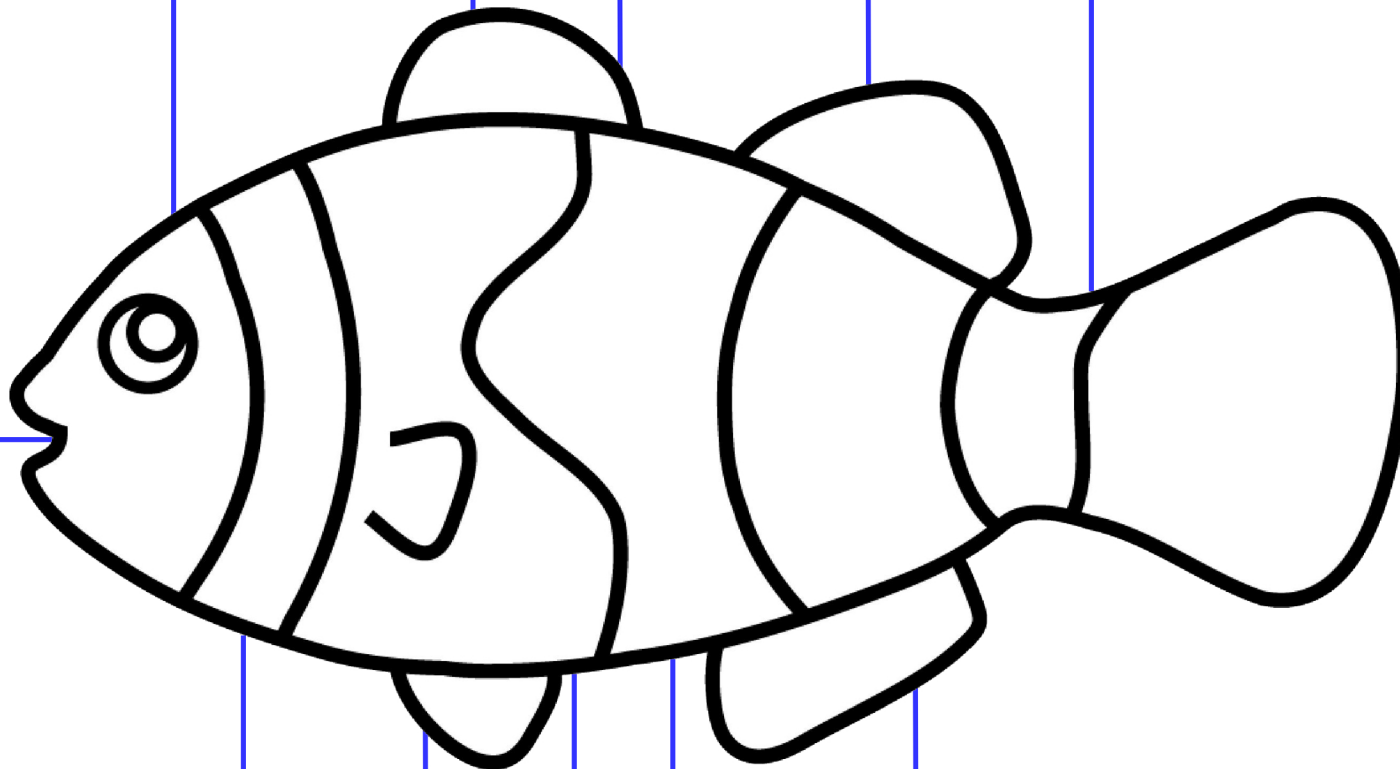


Keep on Swimming - Instructions

Along the top or 'up on top' of the fish you write down 5 points that are a positive reaction to each of 5 points along the bottom. These must be as positive as you can make them.



The issue or problem is taken into the mouth of the fish. Write it at the front.

Along the bottom of the fish you write down 5 points that can make the issue worse.

By the time you reach the tail, you will hopefully understand the problem better so you can come up with a few solutions to ease the problem.

You may be surprised by the path you take and the understanding of the problem itself.

Once you reach the tail with a solution, you will feel more positive as the tail flutters you into more positive waters. It propels you forward leaving the past behind.

Have a lap whiteboard handy so you can do this any time.