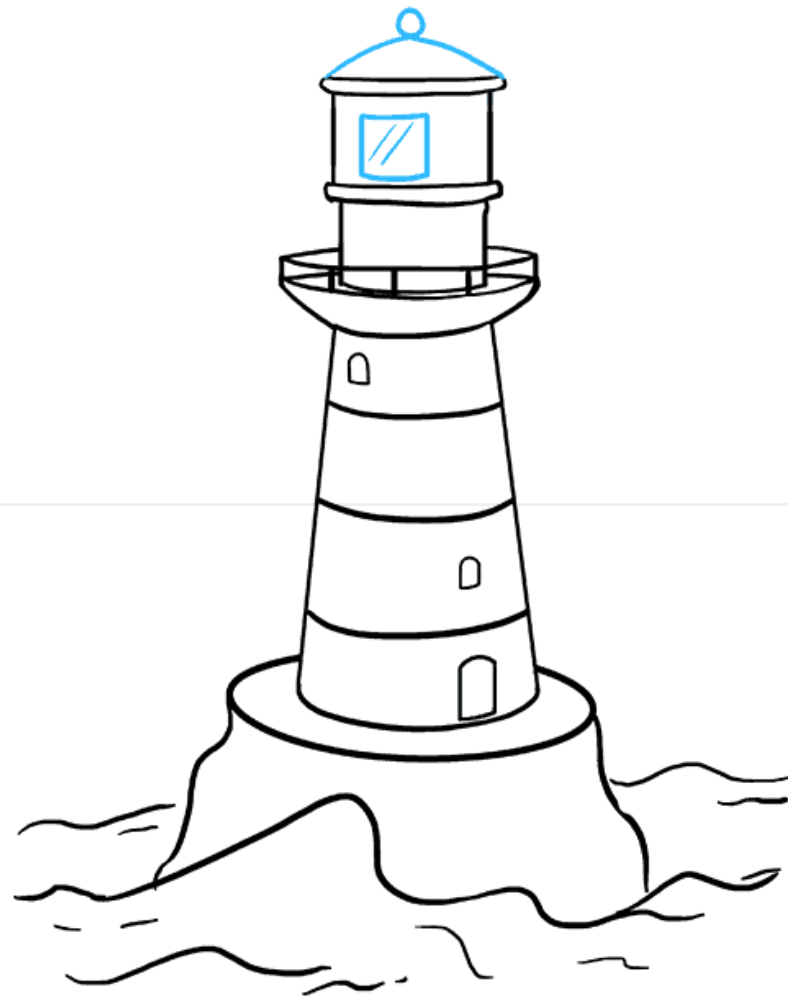


THE LIGHTHOUSE VISUALISATION

Draw a large circle around the lighthouse to represent the dark sea. Inside write words for the things you feel threatened or challenged by.

Think about people or things that give you comfort and hope. Can you choose a word or name with which to label the light?



Name:

Date: