

# 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 like, have learnt...

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

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

What can become a strength now?

What helpful habits would I like to start?

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

What weaknesses can I work on?

What is important to me moving forward?

What other areas of my life can I develop?

