

## Visualisation using Stepping Stones



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You are standing on the riverbank taking in the view.

As you stand on the first steppingstone. It is solid and broad; it is secure and as you stand it does not move. You are balanced and confident standing there.

You can see the destination on the other side of the river, it looks inviting, and you want to cross to get there.

Can you think what might be your inviting destination?

PAUSE

You know you are going to have to take it one step at a time to cross without getting your feet wet.

You look at the steps ahead, some look safe and stable, and some are a little trickier.

Can you think what might be your steps, which are safe and stable and which are trickier?

PAUSE

Take a moment to plan your steps, as you take one, gain your balance, how do you feel?

What can you do to help take the next? Are there any actions you need to put in place?

Is there anyone who can stand on the other side and guide your steps. Sometimes we need someone to go ahead and stretch out their hand to give us better balance. Who might go ahead of you?

Sue Iqbal

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