

Dice



- Do you feel in control of your future, or does it all depend on the roll of the dice? Do you feel that the dice are loaded in your favour, or is the universe against you at the moment?
- Sometimes it's good to recognise that we can't control everything in life, and just seize the opportunities that come our way, or try to find something positive in the bad times.
- Do you have a sense of purpose in your life? There are probably days when you feel empowered and others when life is overwhelming. How in touch do you think you are with these feelings?
- Take a few minutes to check in with yourself and review how you're feeling at the moment. Is there anything simple you could do to help you feel more in control? Is there anything you need to just let go of?

'We aren't just thrown onto this Earth like dice tossed across a table, we are lovingly placed here for a purpose.' Charles R Swindoll