

Jigsaw



- It's thought that jigsaws became so popular during lockdown because they gave people a sense of control and achievement, when everything else seemed so chaotic.
***'Life is like a jigsaw puzzle. You have to see the whole picture, then put it together piece by piece.'* Terry McMillan**
- Are you a big picture person, or can you get lost in the details?
- Does your life feel like a random collection of patterns and colours, or can you see how the pieces fit together?
- Do you have a sense of where you fit in the jigsaw of life?
- What do we do about those people and circumstances in our lives that seem to disrupt the picture we're creating? Can we incorporate them, or do we reject them?
- What kind of jigsaw are you putting together?