



## Life Planning: **PAT** Method

Using the **PAT** Method, you can start where you are and with what you have to begin a new journey.

**Scenario:** Imagine your life in ten years when you overcome your current challenges. What do you see?

Here are some questions to help guide your visualization:

- How is your relationship with trusting God?
- What are you doing that keeps you fulfilled?
- What helps you stay present and aware?
- Whom are you surrounded by, and what do your relationships look like?
- Which smaller goals have you accomplished?
- How did you overcome obstacles and challenges?

**P**lan: Where do you end up?

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**A**ct: What steps do you need to take to get there?

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**T**rust: What helps you keep moving forward? What's your why?

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