

Head, Heart, Bag, Bin!



What's in your head?

What do you feel you have learnt from being part of this project? (this could be practical skills, something about yourself, or your family)



What will you be taking away with you, in your 'bag'?

What will you take away from being part of this project (for instance, any new resolutions or intentions or skills or feelings?)



What's in your heart?

What have you felt or experienced from being part of this project? (again, this could be something to do with your financial situation, your attitude to money, or your family)



What would you put in the bin – throw away?

Is there anything you would like to forget about being part of this project? (for instance, something that you didn't like about the sessions, or a habit of your own that you have given up?)
