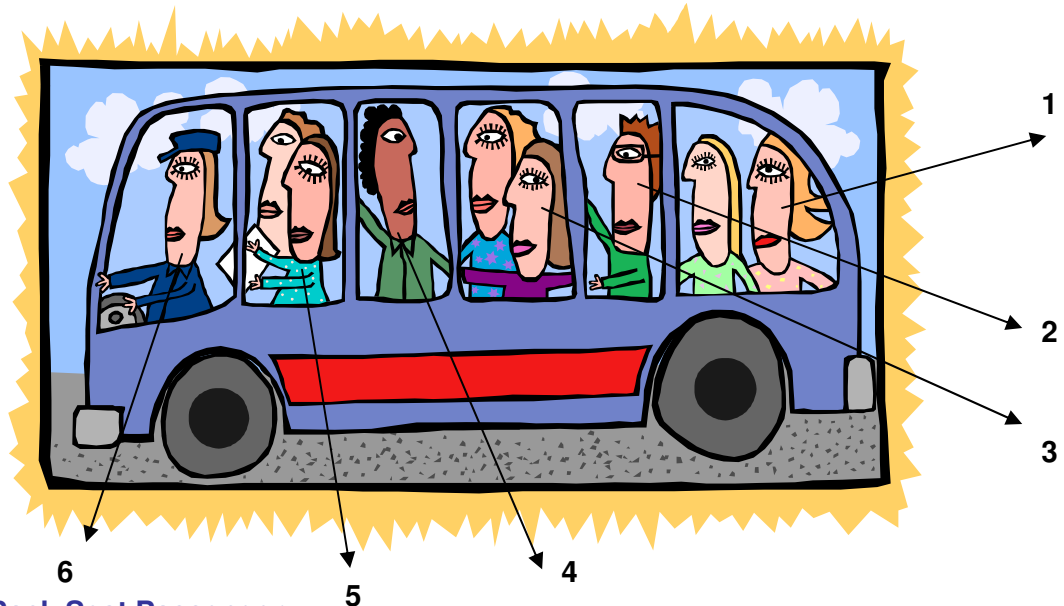


Who is in charge of your life?

Imagine that your life is represented by a bus.

Where are you sitting in this bus?

- Read the following descriptions of the people on this bus and make your selection of where you would currently place yourself on the bus:



1. The Back Seat Passenger

This is the bumpiest ride of all, and sometimes the place with the least view of the journey.

The back seat passenger feels like they have little control over where the bus goes, and gives the control to other people who will tell them what to do, when to do it and how to do it. Sometimes they may be taken in a direction they do not want to go. At times the back seat passenger may want the bus to stop and let them off; because it is just so bumpy it makes them feel ill.

2. The Passenger Hanging- On

This passenger is in the middle of making changes in their lives, and is moving towards the driver's seat. They still feel the ride is a bit chaotic; however they get occasional glimpses outside the front and side windows of where they are heading. They realise they may have to make changes in their lives to finally reach the driver's seat. Some times they don't know what changes to make, or how to make the changes however they have the desire to do some things differently.

3. Passenger Sitting in the Middle

This passenger is having a rest while they work out what the next best strategy is for them to be in the driver's seat. This passenger has a lot of self-knowledge and is gaining more clarity of how they would like to lead their lives. This period of "time out" from making active changes themselves enables them to recharge their batteries. As they gain more energy for themselves they may also reach out to others – supporting the "Passenger Hanging On", and learning from the experience of the "Passenger Looking Back".

4. Passenger Looking Back

This passenger knows they are heading towards the Driver's Seat, and currently looking back at the other passengers in the bus to assess who they still want to take on their life's journey. They can acknowledge people who have assisted them move forward in their lives and those people who have negatively influenced their lives. They choose to learn from past experiences both positive and negative.

This is a period of reflection, where the passenger "spring cleans" their life, and chooses to move away from people & situations that no longer support them.

5. Map Reading Passenger

This passenger has numerous driving (life) skills and acts as the second driver of the bus when required. They know when and where to seek assistance when they require it. Their confidence is growing, and they challenge themselves to go to different places that take them out of their usual comfort zone.

6. Driver's seat:

The driver has knowledge of where this bus is going and knows there may be several different routes to get to their chosen destination. They are aware of their needs and how to meet them. They are respectful of other people, obey the road rules and trust their own judgement on how to live their lives. They know they have choices and are prepared to take responsibility for the choices they make. They know that flat tyres can occur, however they know how to handle unexpected situations. They look after themselves well; have regular maintenance checks of the bus and know when to pull over and take a nap!

Know Yourself Fieldwork

a) Where would you place yourself on this bus to represent your current situation?

Passenger No. ____

b) What are some steps you can take towards being in the driver's seat?

c) What step are you prepared to take this week to be/ stay in the driver's seat?

I'd love to know what you thought of this article. Please email your comments to lizholland@xtra.co.nz

Please feel free to send this article on to your friends and family, however I request that you leave it in tact and acknowledge that you found it through Liz Holland www.lizholland.biz