

# PaperWorks

Tools for thinking, talking, writing



Sometimes simple is best. Here is a set of 12 visual metaphors, each with three questions on the back. Photocopy both sides and use them in counselling, workshops, self care, goal setting, storytelling, creative writing. People can write and draw on them, pin them to noticeboards, stick them on the fridge, or send them to someone. Here are some ideas for working with each of the 12 images.

## Book

- What would the book of your life story be called?
- What would the chapters be called?
- Who are the main characters?
- Who would you most want to read it?

## Boot

- What bad habit would you like to kick out of your life?
- Whose boots would you like to walk in?
- If these are your work boots, what would you like to build?
- If these are your hiking boots, where would you like to go?

## Bottle

- If you could deliver one message to the world, what would it be?
- What message would you most like to receive?
- Who would you most like to receive a message from?
- If you could put a message in a bottle to be found by you in five years' time, what would it say?

## Brick

- Thinking about the strengths in your family/team/organisation, create a 'wall of strengths' using the bricks.
- Which strengths are the foundation course?
- What would be different if you added new strengths to the wall?
- Thinking of your personal strengths, arrange several bricks in a circle and place a key brick (strength) in the middle.

## Elephant

- Is there an elephant in the room right now?
- What factors would you like to take into consideration before naming that elephant?
- Who would you most like to hear about the elephant you have named?
- Can you think of a time when you or someone you know named an elephant in the room? What affect did it have?

## Footprint

- What next steps can you take to get you closer to where you want to be?
- Are there little steps you can take to edge closer to your goal?
- If you are feeling stuck, is there a first step, however small, to get you started?
- What would 'putting your best foot forward' look like?

## Lightbulb

- What is one good idea you would like to share?
- What is one idea that is inspiring you at present?
- What is one idea that has changed your life?
- Have you ever had an 'aha' moment when you have suddenly 'seen the light'?

## Sparkling Moments

- What has been a sparkling moment of your life in the past week/month/year?
- What did you do to achieve this sparkling moment?
- Why is this particular sparkling moment so memorable?
- When things look bleak, which sparkling moments remind you of your strengths?

## Taxi

- Where do you want to get to?
- What is the shortest way to get there?
- How will you know you are making progress?
- Who is travelling with you?

## Torch

- Which part/s of your life would you like to shine a light on?
- What would you like others to see?
- What sits in the darkness?
- When you are experiencing the darkness, what is your torch?

## Water Tank

- If this is your tank of energy, how full is your tank right now?
- What fills your tank?
- What depletes your tank?
- What would need to happen for the energy level to rise one rung?

## Welcome Mat

- Is there something new that you would like to welcome in your life?
- Is there someone you would like to get know more?
- Is there a new idea you are curious to learn more about?
- How might you welcome a new person into your team or community?



## PAPERWORKS

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