

Tickets on myself - starter kit



Tickets on myself

Congratulations! You have been given this Starter Kit by someone who cares about you. Tickets On Myself is a project that was set up by Captain Polly and later expanded to include The Ticket Team. The project aims to help people get better at looking after themselves – because its harder than you think!!

About the kit

This kit includes a book of 10 tickets. You are invited to write yourself a ticket each time you do something to take care of yourself. Go to our website to find out more and to see what other people are doing to look after themselves. Choose a ticket to send us – to share on the website.

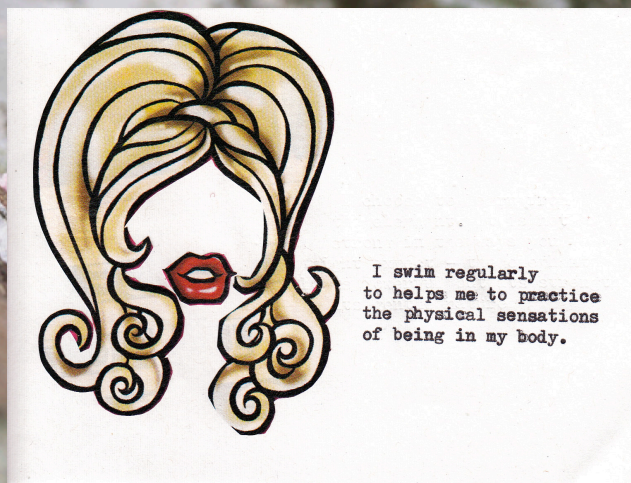
Where to find us:

Website: ticketsonmyself.com

Email: ticketsonmyself@gmail.com

Postal: PO Box 1377 St Kilda 3182

Starter PACK



ticketing

getting started

This page includes instructions on how to make best use of your starter kit. If you want more information, go to our website, or send us an email. We hope that you enjoy the process.

Ticketing In 4 easy steps

Step 1: Grab a ticket

Take a ticket from your ticket book (or you could use a train ticket, bus ticket, concert ticket, parking ticket, ANYTHING).

Step 2: Decorate the ticket

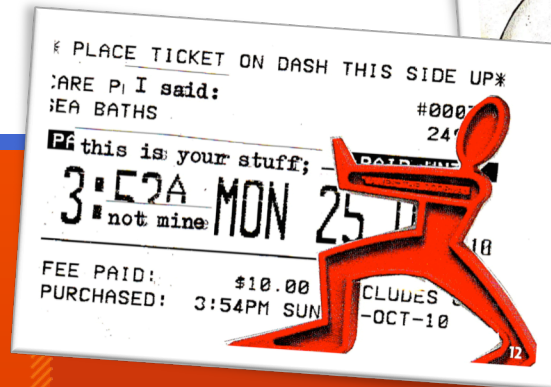
Draw, paint, collage ANYTHING to show what you did to look after yourself.

Step 3: Write about it

Write a few words about what you did.

Step 4: Look for patterns

Check out all your tickets, are there patterns? What are they?



Ticketing is about focusing on what you do to look after yourself. It works by getting you thinking about it, so you get better at it and do it more often. Each time you do something to look after yourself you write about it on a ticket. Then you look back at the tickets to see what patterns there are in how you look after yourself.

When you have filled a whole book of tickets you might find it useful to look to see if there are any patterns. Maybe some of the tickets are about great food, others about pampering or making time for you. You might also notice that the hardest ones are about asserting yourself with other people, or telling them what you need ... You might look at the tickets and see things that you want to do more often.

When you have filled the ticket book you might like to move to advanced level - get onto the website and have a look the section on Pavlov's dog and becoming a serial ticketer.

Don't forget, we would love you to share one of your tickets with us - because other people can learn from what you do.



CAPTAIN POLLY & THE TICKET TEAM

TICKETING