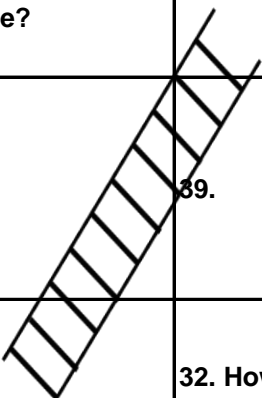
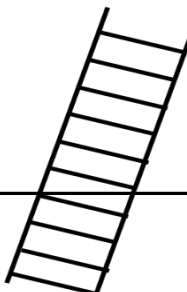

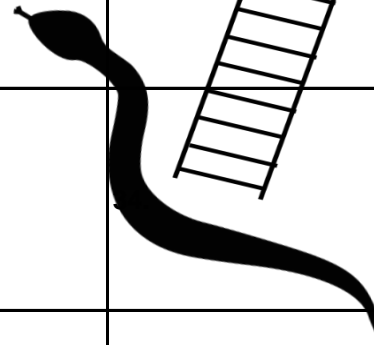
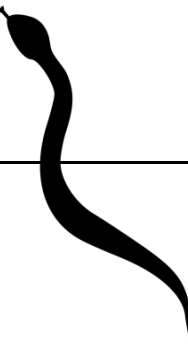
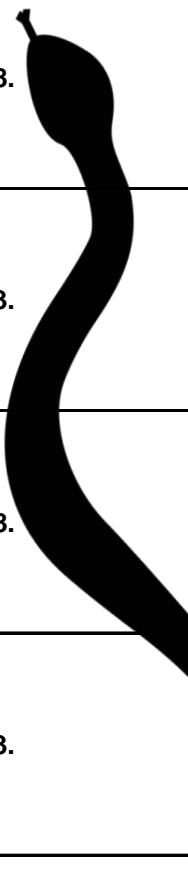
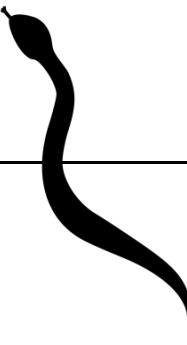
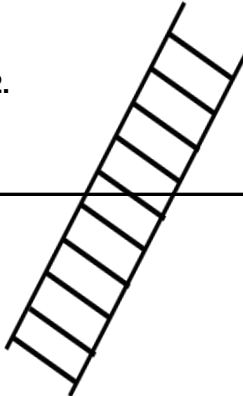
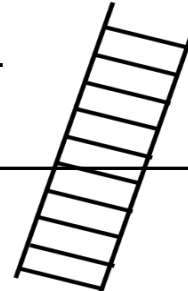



# Snakes and ladders

(C1 Weekend Review)

<p>41. How might you improve your next weekend based on this experience?</p>	<p>42.</p> 	<p>43. To what extent do your weekends usually reflect your ideal lifestyle?</p>	<p>44. If you had to describe your weekend as a story, what would the main theme be?</p>	<p><b>FINISH</b></p>
<p>40.</p>	<p>39.</p>	<p>38.</p>	<p>37.</p> 	<p>36. Did anything exceed or fall short of your expectations?</p>
<p>31.</p> 	<p>32. How did your environment influence your experience?</p>	<p>33. Were your activities more habitual or intentional?</p>		<p>35. How would you summarise your weekend in three key ideas?</p>
<p>30.</p> 	<p>29. What did you learn about yourself over the weekend?</p>	<p>28.</p> 	<p>27. Did you engage more in social or personal activities? Why?</p>	<p>26.</p> 
<p>21.</p>	<p>22. Looking back, is there anything you would have done differently?</p>	<p>23.</p>	<p>24. How did your weekend affect your energy or motivation for the week ahead?</p>	<p>25.</p>
<p>20. Did you make any spontaneous decisions? What were the results?</p>	<p>19. What role did technology play in your weekend?</p>	<p>18.</p>	<p>17. How did your mood change over the course of the weekend?</p>	<p>16. Were there any moments you would describe as meaningful or memorable?</p>
<p>11. In what ways did your weekend reflect your current priorities?</p>	<p>12.</p> 	<p>13.</p>	<p>14.</p>	<p>15.</p> 
<p>10. How did your interactions with others influence your weekend?</p>	<p>9.</p> 	<p>8. Did anything challenge you or push you out of your comfort zone?</p>	<p>7. What experience from the weekend stands out most vividly, and why?</p>	<p>6.</p>
<p><b>START</b></p>	<p>2. To what extent was your weekend productive or relaxing?</p>	<p>3. How did your weekend compare to your expectations?</p>	<p>4. What choices did you make that shaped your weekend the most?</p>	<p>5. How did you balance rest and activity?</p>