What is the MOU?

"**Mou**" A Greek word for "my" or "mine" the word meaning, belong to me. "**MOU**" is also an acronym for Memorandum of Understanding and contracts used in the USA.

Blended together the concept is a new working self -reflective template of exploration and discovery, created by:
Helen Ash, Cognitive Behavioural Life Coach and Director of MyZone Coaching and Therapy Ltd (2017)

The **MOU** invites you to choose areas of your life that you want to explore, examine, understand and regain control, choosing to work towards making changes that enrich you.

Through exploring these areas and gaining a new understanding of self, a sense of connectedness and wholeness can be discovered. Conflicts within you can be resolved once you know they occur because your conditioned beliefs are resisting what you are seeking to achieve in life.

How does the MOU work?

*Identify any patterns of your experience in life and relationships

*Understand the origins of your beliefs and how these are connected to your early experiences

*Learn to apply new systems of thinking

*Develop strategies, take action

*Confront and challenge the accuracy and meaning of your own perceptions

* Embrace becoming uncomfortable and vulnerable

 *Learn how to engage in mindful practice and become whole

*Feel empowered to set new boundaries and get what you need

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You are the author of **your MOU**, you are in control of what your MOU looks like, feels like and means for you

How to start MOU

Reflect and think about you…..

Strengths and likes

Weaknesses , hates and phobias

Strategies that work and keep me motivated

Strategies that I am stuck in, what can I stop doing?

Places I like to go

My Achievements and successes

Photos and images with real meaning

Family and Significant others

Articles, images and things that interest me

My pleasures diary

My indulgences

What I value and what is important

Words of Wisdom, hints and tips

Art and Creative Entities

Cognitive Behavioural techniques and learning about what makes me tick

Changes I can make to be true to myself

My Current Goals

My Future Goals