

ISABELLA FERGUSON

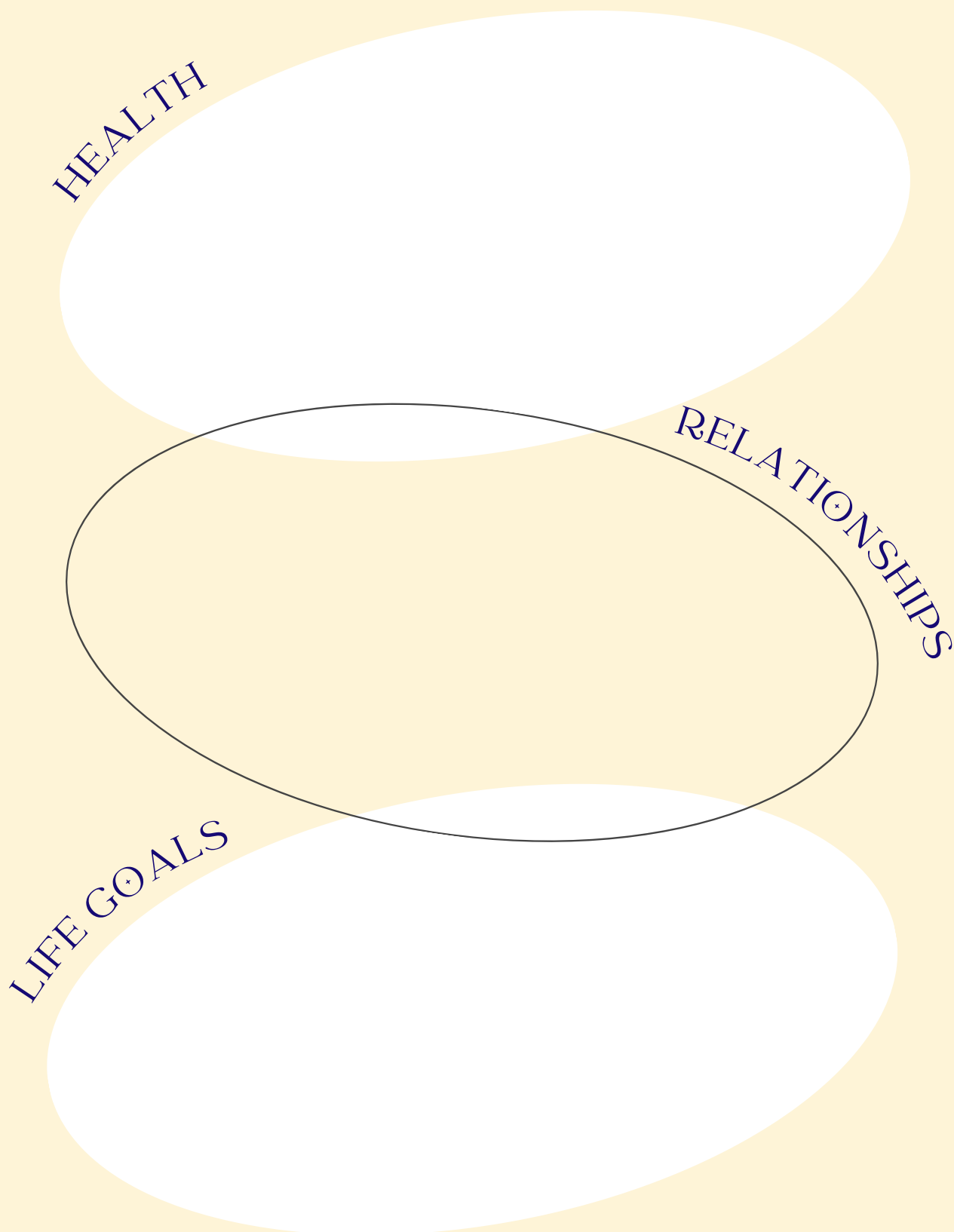
VISUALISING FUTURE YOU



DRINK LESS & LIVE LARGE!

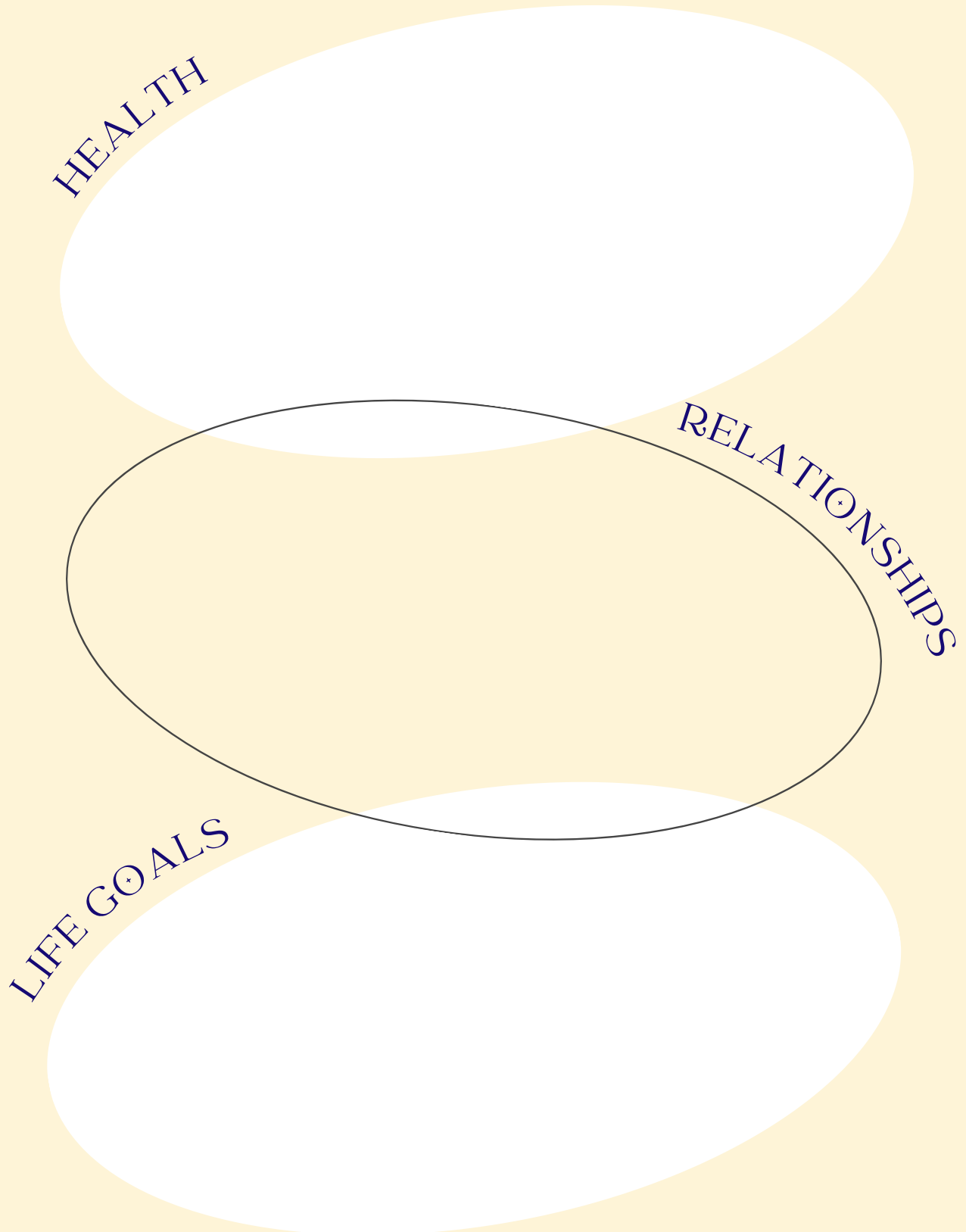
Visualise your life in 1 year

IF YOU **DID NOT** STOP DRINKING AND CONTINUED DRINKING AT CURRENT LEVELS



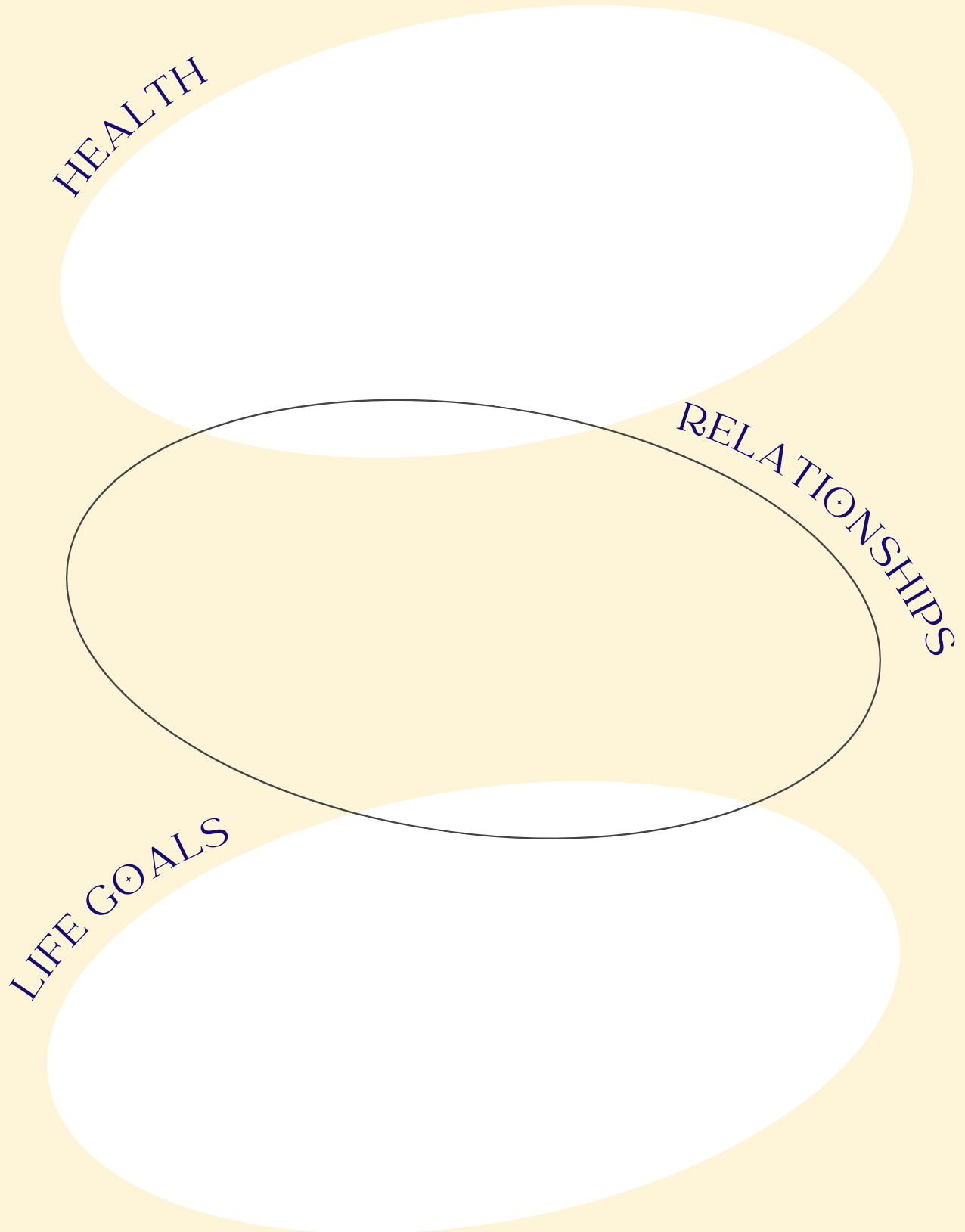
Visualise your life in 3 years

IF YOU **DID NOT** STOP DRINKING AND CONTINUED DRINKING AT CURRENT LEVELS



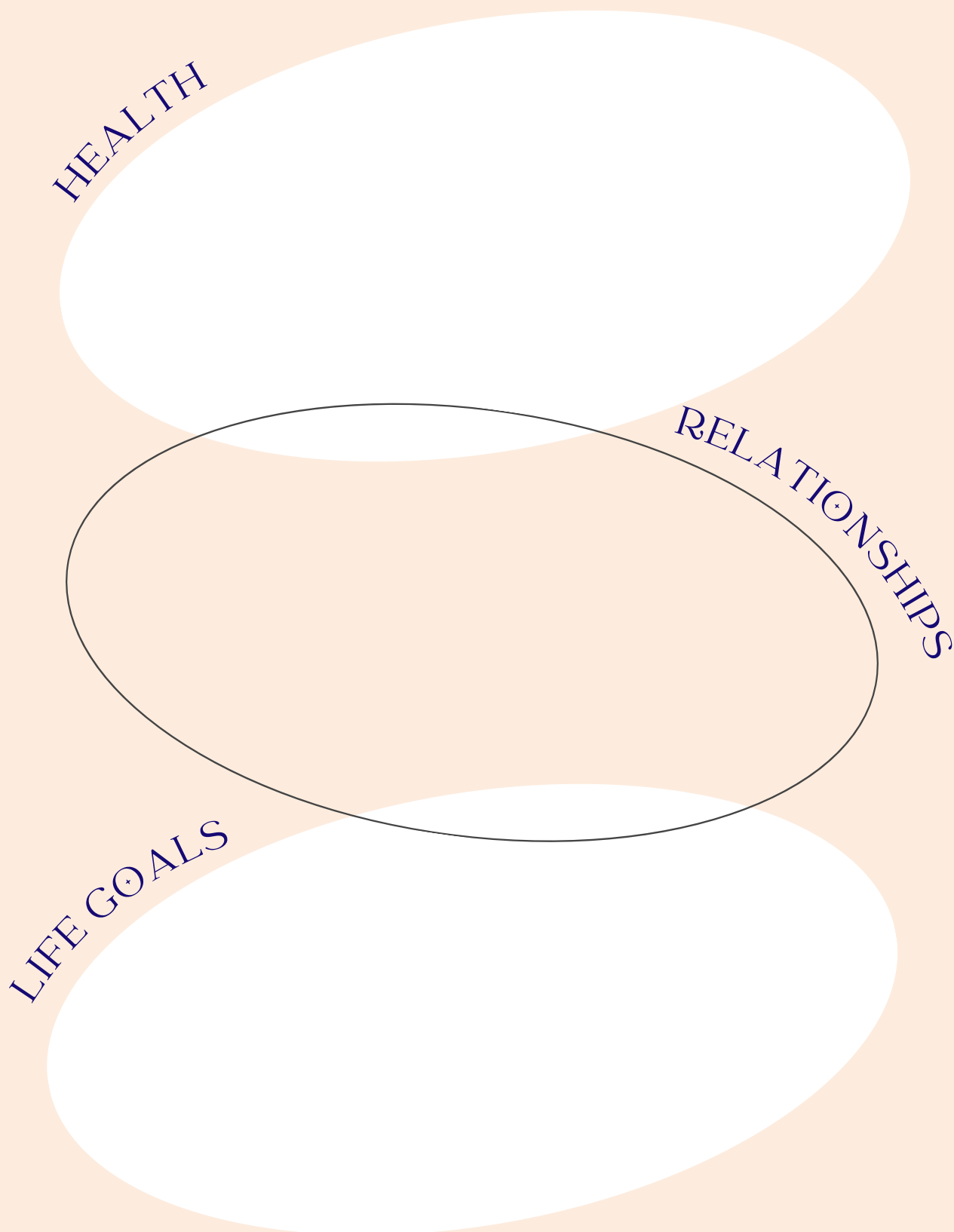
Visualise your life in 10 years

IF YOU **DID NOT** STOP DRINKING AND CONTINUED DRINKING AT CURRENT LEVELS



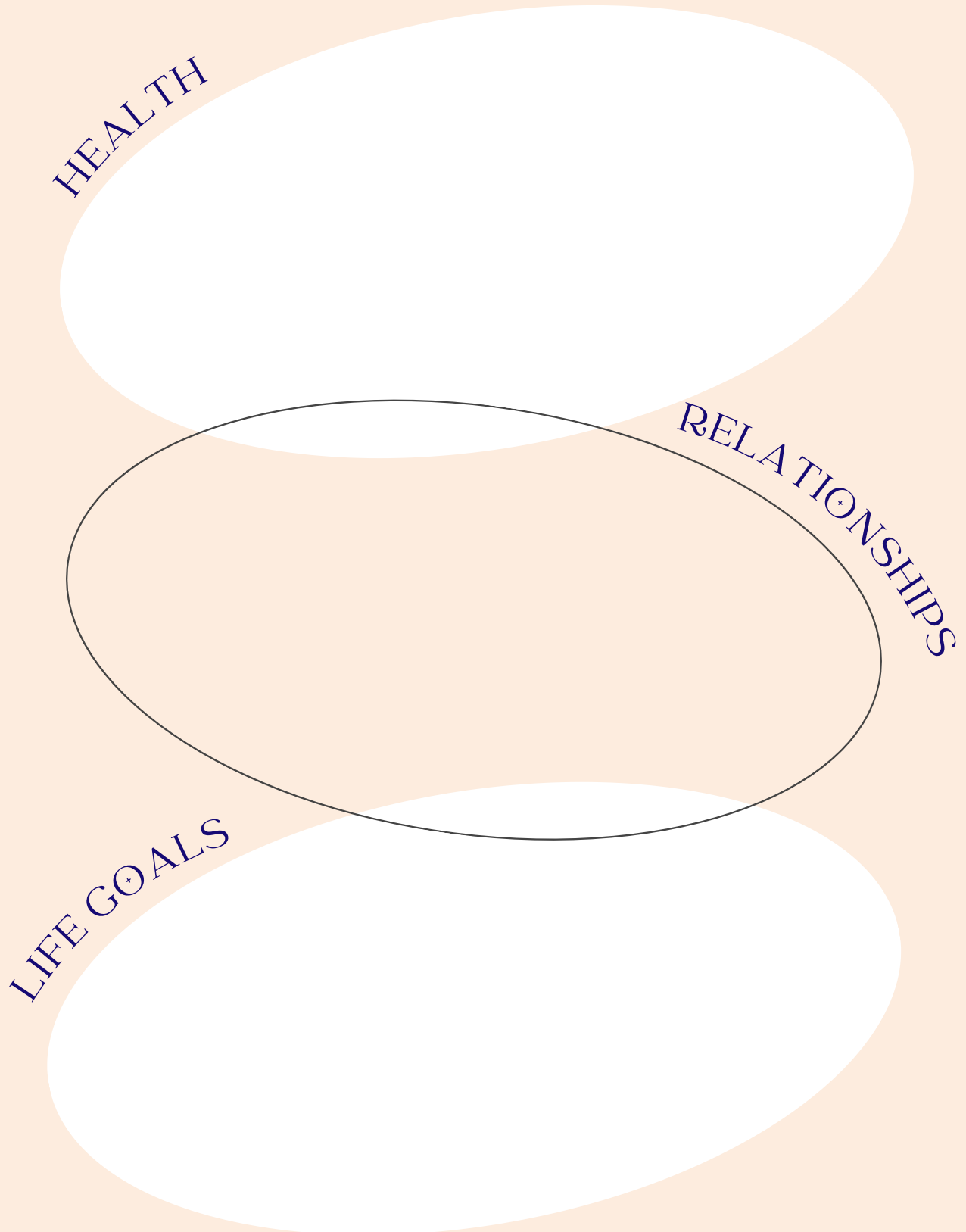
Visualise your life in 1 year

IF YOU **DID STOP** DRINKING AND ACHIEVED YOUR GOALS AROUND ALCHOL?



Visualise your life in 3 years

IF YOU **DID STOP** DRINKING AND ACHIEVED YOUR GOALS AROUND ALCHOL?



Visualise your life in 10 years

IF YOU **DID STOP** DRINKING AND ACHIEVED YOUR GOALS AROUND ALCHOL?

