INSTRUCTIONS

First, firstly, first of all

Next…

Before, before that…

After, after that, afterwards…

Lastly…

Finally…

Begin…

To start with…

Slowly…

Carefully…

Avoid…

Take care to…

Try to…

The next step is to…

Focus on…

……..

until

being careful to

taking care to

remembering to

looking out for

making sure that

when you are happy that

www.davlae.co.uk

INSTRUCTIONS

First, firstly, first of all

Next…

Before, before that…

After, after that, afterwards…

Lastly…

Finally…

Begin…

To start with…

Slowly…

Carefully…

Avoid…

Take care to…

Try to…

The next step is to…

Focus on…

……..

until

being careful to

taking care to

remembering to

looking out for

making sure that

when you are happy that

www.davlae.co.uk

INSTRUCTIONS

First, firstly, first of all

Next…

Before, before that…

After, after that, afterwards…

Lastly…

Finally…

Begin…

To start with…

Slowly…

Carefully…

Avoid…

Take care to…

Try to…

The next step is to…

Focus on…

……..

until

being careful to

taking care to

remembering to

looking out for

making sure that

when you are happy that

www.davlae.co.uk

INSTRUCTIONS

First, firstly, first of all

Next…

Before, before that…

After, after that, afterwards…

Lastly…

Finally…

Begin…

To start with…

Slowly…

Carefully…

Avoid…

Take care to…

Try to…

The next step is to…

Focus on…

……..

until

being careful to

taking care to

remembering to

looking out for

making sure that

when you are happy that

www.davlae.co.uk

INSTRUCTIONS

First, firstly, first of all

Next…

Before, before that…

After, after that, afterwards…

Lastly…

Finally…

Begin…

To start with…

Slowly…

Carefully…

Avoid…

Take care to…

Try to…

The next step is to…

Focus on…

……..

until

being careful to

taking care to

remembering to

looking out for

making sure that

when you are happy that

www.davlae.co.uk

INSTRUCTIONS

First, firstly, first of all

Next…

Before, before that…

After, after that, afterwards…

Lastly…

Finally…

Begin…

To start with…

Slowly…

Carefully…

Avoid…

Take care to…

Try to…

The next step is to…

Focus on…

……..

until

being careful to

taking care to

remembering to

looking out for

making sure that

when you are happy that

www.davlae.co.uk

INSTRUCTIONS

First, firstly, first of all

Next…

Before, before that…

After, after that, afterwards…

Lastly…

Finally…

Begin…

To start with…

Slowly…

Carefully…

Avoid…

Take care to…

Try to…

The next step is to…

Focus on…

……..

until

being careful to

taking care to

remembering to

looking out for

making sure that

when you are happy that

www.davlae.co.uk

INSTRUCTIONS

First, firstly, first of all

Next…

Before, before that…

After, after that, afterwards…

Lastly…

Finally…

Begin…

To start with…

Slowly…

Carefully…

Avoid…

Take care to…

Try to…

The next step is to…

Focus on…

……..

until

being careful to

taking care to

remembering to

looking out for

making sure that

when you are happy that

www.davlae.co.uk

INSTRUCTIONS

First, firstly, first of all

Next…

Before, before that…

After, after that, afterwards…

Lastly…

Finally…

Begin…

To start with…

Slowly…

Carefully…

Avoid…

Take care to…

Try to…

The next step is to…

Focus on…

……..

until

being careful to

taking care to

remembering to

looking out for

making sure that

when you are happy that

www.davlae.co.uk

INSTRUCTIONS

First, firstly, first of all

Next…

Before, before that…

After, after that, afterwards…

Lastly…

Finally…

Begin…

To start with…

Slowly…

Carefully…

Avoid…

Take care to…

Try to…

The next step is to…

Focus on…

……..

until

being careful to

taking care to

remembering to

looking out for

making sure that

when you are happy that

www.davlae.co.uk

INSTRUCTIONS

First, firstly, first of all

Next…

Before, before that…

After, after that, afterwards…

Lastly…

Finally…

Begin…

To start with…

Slowly…

Carefully…

Avoid…

Take care to…

Try to…

The next step is to…

Focus on…

……..

until

being careful to

taking care to

remembering to

looking out for

making sure that

when you are happy that

www.davlae.co.uk

INSTRUCTIONS

First, firstly, first of all

Next…

Before, before that…

After, after that, afterwards…

Lastly…

Finally…

Begin…

To start with…

Slowly…

Carefully…

Avoid…

Take care to…

Try to…

The next step is to…

Focus on…

……..

until

being careful to

taking care to

remembering to

looking out for

making sure that

when you are happy that

www.davlae.co.uk

INSTRUCTIONS

First, firstly, first of all

Next…

Before, before that…

After, after that, afterwards…

Lastly…

Finally…

Begin…

To start with…

Slowly…

Carefully…

Avoid…

Take care to…

Try to…

The next step is to…

Focus on…

……..

until

being careful to

taking care to

remembering to

looking out for

making sure that

when you are happy that

www.davlae.co.uk

INSTRUCTIONS

First, firstly, first of all

Next…

Before, before that…

After, after that, afterwards…

Lastly…

Finally…

Begin…

To start with…

Slowly…

Carefully…

Avoid…

Take care to…

Try to…

The next step is to…

Focus on…

……..

until

being careful to

taking care to

remembering to

looking out for

making sure that

when you are happy that

www.davlae.co.uk