



Level 1 - list or draw behaviours or areas of your life you want to change

Level 2 - list or draw emotions you want to experience more

Level 3 - list or draw things you feel happy about or want to feel happy about

Level 4 - list or draw what a life worth living or a perfect life would look like for you.

Roof - who protects you?

Walls - who supports you?

Door - what do you hide from others?

Chimney - how do you blow off steam or calm down?

Foundation - values in your life

Billboard - what are you proud of?