



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?