

Billboard:
Things you are proud of and want others to see

Chimney:
ways you "blow off steam"

Roof:

People/things that protect you

Level 4:

List OR draw what a "life worth living" would look like for you.

Level 3:

List all the things you are happy about OR want to feel happy about.

Level 2:

List OR draw emotions you want to experience more often, OR in a more healthy way.

Door:
things you keep hidden from others.

Level 1:

List behaviors to gain control your life you

you are trying of OR areas of want to change.

Foundation: values that govern your life

Walls: Anyone/thing that supports you