

MY THREE HOUSES

HOUSE OF GOOD THINGS

This is the house where you write or draw all the good stuff in your life. Think about the people, places, and things that make you feel happy, proud, or safe.

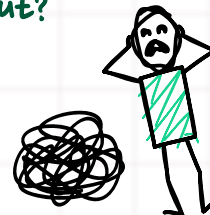
- ➡ What do you enjoy doing the most?
- ➡ Who are the people, places and things that make you feel good?
- ➡ What are the best things about your day or week?



HOUSE OF WORRIES

This house is for the things that might be bothering you. It is a space to put down anything that makes you feel upset, stressed, or unsure.

- ➡ Is there something you wish would stop or change?
- ➡ What is making you feel worried, sad, or confused?
- ➡ Are there things you find hard to talk about?



HOUSE OF DREAMS

This house is about your hopes for the future and changes you want in your life. Write or draw anything you imagine—big or small.

- ➡ What needs to change in your life right now?
- ➡ What are your dreams? Is there something you would love to learn, try, or experience?



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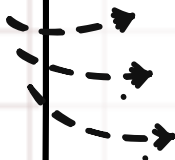
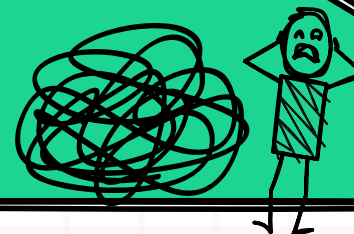
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