

YOUR DAY IN DATA

6. Open deck 2. Have a quick look through the cards.



What is your definition of well-being ?



NICKNAME :

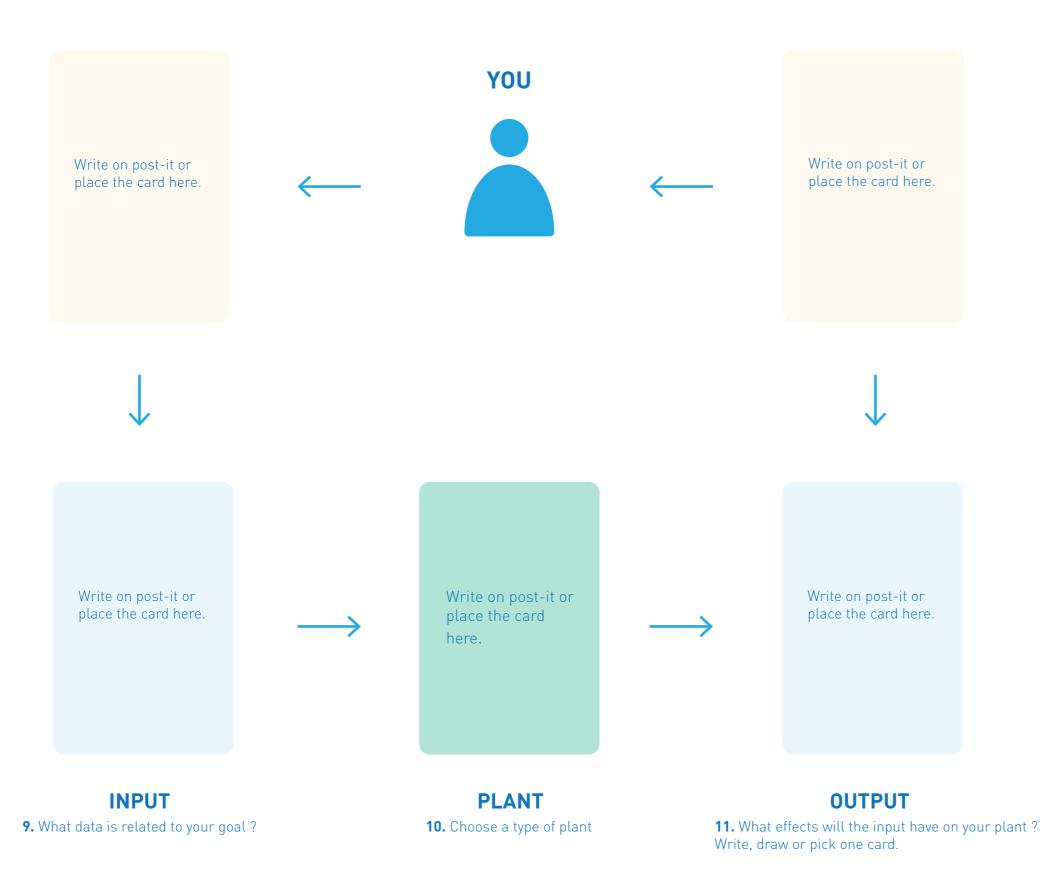
DATE :

YOUR GOAL

SOMEONE

8. Look back on your day and choose one thing you want to change related to your health and well-being.

12. Pick someone to give your plant to



Why did you pick that person ?
How do you think it is going to affect your interaction with that person ?
How is that going to help you to achieve your goal ?

13. Tell us what impact this would have.