1. Tell us about yourself by filling in this information

- Nickname:
- Date:
- Occupation:
- Residence: city, town, village, countryside
- Age: 18-25, 25-35, 35-55, +55
- Gender: F, M, I don't want to say

What is growing to you?
What is your definition of well-being?

BUILD YOUR DAY

2. Open deck 1

3. Choose the type of day. Place the card here.

4. Build your day by placing cards from left to right. Use the space below the cards to add any extra details.

YOUR DAY IN DATA

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

7. List the data generated during your day. If necessary, draw any connection with the timeline.
8. Look back on your day and choose one thing you want to change related to your health and well-being.

9. What data is related to your goal?

10. Choose a type of plant

11. What effects will the input have on your plant? Write, draw or pick one card.

12. Pick someone to give your plant to

13. Tell us what impact this would have.

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?