



Clouds of caution

Storm of shock



Jungle of jealousy

Cliffs of confidence



Sea of sadness

Horizon of hope

Ship of shyness

Trees of tiredness

Whale of worry

House of happiness

Pond of pride

Path of **peace**

Forest of frustration •

Cave of confusion

Eagle of excitement



Where are you on the map?

Do you like where you are?

If you are in an unhelpful place on the map, try answering these questions:

How long have you been here?

What are you telling yourself?

Is that really true? (Thoughts are not facts)

Where do you want to be instead?

What would be more helpful to think instead?



Leaves of loneliness

Nest of nervousness

Gate of guilt