

# This is My House

Have each participant draw a house. Offer these guidelines as they work through the exercise:

1. The foundation should be your personal philosophy, similar to a personal mission statement - might explain how you approach life or the goals you attempt to achieve in the long term.
2. The walls are values you use to support your philosophy.
3. The door is some important part of you and whom you borrowed it from.
4. The window is something of which you are proud.
5. The roof is your protective mechanism. In other words, when you are challenged, what do you use to protect yourself, change the subject, or divert attention (e.g., humor).
6. The chimney is how you have fun and blow off steam.