Activity 2

House of Beliefs

Objective:
- Recognize personal strengths, ways of coping, support systems, and values through this mindfulness activity.

Steps:
1. Pass out the House of Beliefs Worksheet and writing utensils to each participant.
2. Explain, “This is your house. There is no right or wrong way to make it. You can use the worksheet or draw your own four-story house. Be sure to include the chimney, welcome sign, and door.”
3. Ask participants to follow the instructions on the instruction page and add words, symbols, and pictures that describe the different parts of their life.
HANDOUT for Activity 2

On What Beliefs is Your House Built?

- **Ways in which you blow off steam**
- **List or draw what a “Life Worth Living” would look like for you.**
- **List all of the things you are happy about, or want to feel happy about.**
- **List or draw emotions you want to experience more often, more fully, or in a more healthy way.**
- **Behaviors you are trying to gain control over....**
- **Things that keep you hidden from others**
- **Or areas of your life you want to change**
- **Things you are proud of and want others to see.**

*People & things that support you*

*Values that govern your life*