



Activity 2.2

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 2.2

On What Beliefs is Your House Built?

