MAKE YOUR OWN Map

Follow our five-step exercise to identify any jealous feelings you might have and unearth their wisdom.

Think of the different areas of your life, such as school, home, sport, or part-time work, and ask yourself if there are people in any

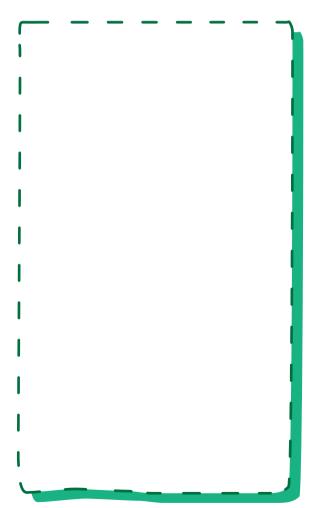
of these realms that you envy.

2 Using the space on this page write down each name or situation that causes jealous feelings to arise.

Choosing from these, pick one and ask yourself why you feel this way. Jot down your reasons. Keep writing until you run out of things to add.

4 Look over your answers. Does anything stand out? Underline or make a list of any insights you gain into your own dreams and aspirations. If more questions arise, keep answering them.

Repeat these steps for each of the situations on your list.



teenBreathe