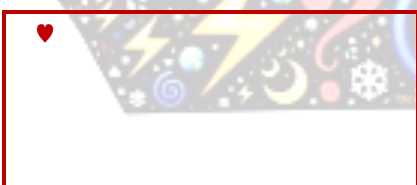


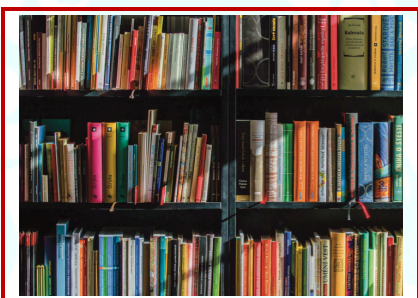
Jess® Cards

Where are you right now?

Use the Jess cards to help you express where you are in your space right now

- ♥ Step 1: Using the photos below, or if you have received a Jess® Puzzle pack, take the physical cards that are in the box and spread them on a table.
- ♥ Step 2: Take a few moments to look through them all, and select 2 or 3 that you 'connect' with.
- ♥ Step 3: Think about what those cards represent for you now or what they represent from the past week.
- ♥ Step 4: Consider what they make you feel or think of.
- ♥ Step 5: Write those thoughts or feelings down in the space provided on this sheet, under the card photos you selected.
- ♥ TIP: you don't need to write long sentences – a few words will be fine.





Share your thoughts with someone you trust

♥ As humans we need other people. We also need to communicate how we think and feel.

♥ Share your thoughts with someone you trust.

♥ You will feel the load on your shoulders lighten.

