

C C

C

Make a wish
for something you want.
Silent or Spoken

H H

H

Compliment
Say something nice about the
player on the right.

A A

A

Be Grateful
Think of a chance you were given.
Feel it brighten the room.

N N

N

Compliment
Say something nice about the
player on the left.

C C

C

Imagine
giving someone something
they need. Thoughts plant seeds.

E E

E

Make a Change
think of one small change you
could do to make your life better.

S S

S

Let it Go
Release any negative thoughts
holding you back from your dreams.