7.2

WORKSHEET · CHAPTER 7

Regulation cards

One card per place, not per feeling. Fill it in on a calm day, and read it once before you go in.

Place

My first sign here

One thing to do

One sentence to say

Where I go

Place

My first sign here

One thing to do

One sentence to say

Where I go

Place

My first sign here

One thing to do

One sentence to say

Where I go

Place

My first sign here

One thing to do

One sentence to say

Where I go

Cut along the dashed lines, or photograph the card you need.

On a bad day: just the one card, for the one place you're going.