# SWITCHES <br> Quick reference guide <br> Level Seven 

Values | Find out what |
| :--- |
| your driving |
| values are |

Random act of kindness
1 $\begin{aligned} & \text { Practicing random } \\ & \text { acts of kindness }\end{aligned}$
toward others

Reframe


Finger rub

皿 | Slowly rub |
| :--- |
| your fingertips |
| together |

together

## The happy monk



## The inquisitor



Ask your
friends curious questions

Circle of influence


The riddler

7? | Focus your |
| :--- |
| mind and solve |
| some riddles |

## Journaling



Create a habit of journaling


