

DIMENSIONS OF CONNECTEDNESS:

- **RED is for the HEART:** Who do you love? Who loves you? Who do you want to love you?
- **GREEN is for the MIND:** Who teaches you? What are you learning? Who do you teach? Who do you think about?
- **BLUE is for the BODY:** Who shares your blood? Does anybody share your body? Who provides you with food and shelter?
- **YELLOW is for SOUL:** To what or whom is your soul connected? What or who are your passions?

