Tom Tom Universe Explorer Map

Bring Brian's, Waves, Circles and Bridges together

THE FOUR PILLARS

Think about one moment, interest or question. You can use words, drawings, symbols or ask someone to write for you.

BRIAN'S - THINK What thought, question or idea visited me?	**WAVES - FEEL** What feeling or body clue did I notice?
CIRCLES - COMFORT What familiar thing or next step helped?	**BRIDGES - CONNECT** Who or what helped me feel connected?

One thing I want to remember:

My next curious step:

The pillars are connected. You can start with any one, use several, or simply choose the part that helps today.