Talk with your friends to come up with more ways of behaving according to your important goals in life. Can you give your friends ideas about how to behave according to the goals that are important to them?

Look at the goals directly opposite in the circle to your most important ones. Usually, people don't try to follow opposite goals. Can you see why?

Brought to you from the team of:



UK team: Anat Bardi, Royal Holloway University of London

Anna Döring, The University of Westminster

