



- 1.真ん中に名前を書く
- 2.その周りに自分がなりたい姿を現在進行形で描く (×~する~したい / ○~している)
- 3.さらにその周りにその時に自分が感じている感情や発している言葉を描く

A diagram for the 'Magic Map' exercise. It features a central circle with a thick dark grey border. Surrounding this central circle are 16 smaller circles, each with a thin light orange border. The circles are arranged in a roughly circular pattern around the center, with 3 circles in the top row, 4 in the second row, 4 in the third row, 4 in the fourth row, and 3 in the bottom row.