



my agenda is your happiness

VISUALIZING THE MONKEY

1. **What does the Monkey look like?** Write down everything you can to describe her appearance. Hair color, eye color, height, weight, facial features, everything you can think of.
2. **What is she wearing?** Include clothes and accessories.
3. **What's her name?**
4. **Give her a list of assignments.** Small stuff to keep her busy. Write them here.