



Advanced 7



Head, Heart, Hand



Olga gives tips on adapting new life habits

1) How many cornerstones does she have?

- a) Two
- b) Three
- c) Four

2) What does the head represent?

- a) Gaining knowledge
- b) Clearing your mind
- c) Being a leader

3) What does the heart represent?

- a) Having courage
- b) Being kind to people
- c) Having intuition

4) What does the hand represent?

- a) Use it or lose it
- b) Working hard
- c) Helping others

5) What does help represent?

- a) Asking for help
- b) Teaching others
- c) Working as a team

