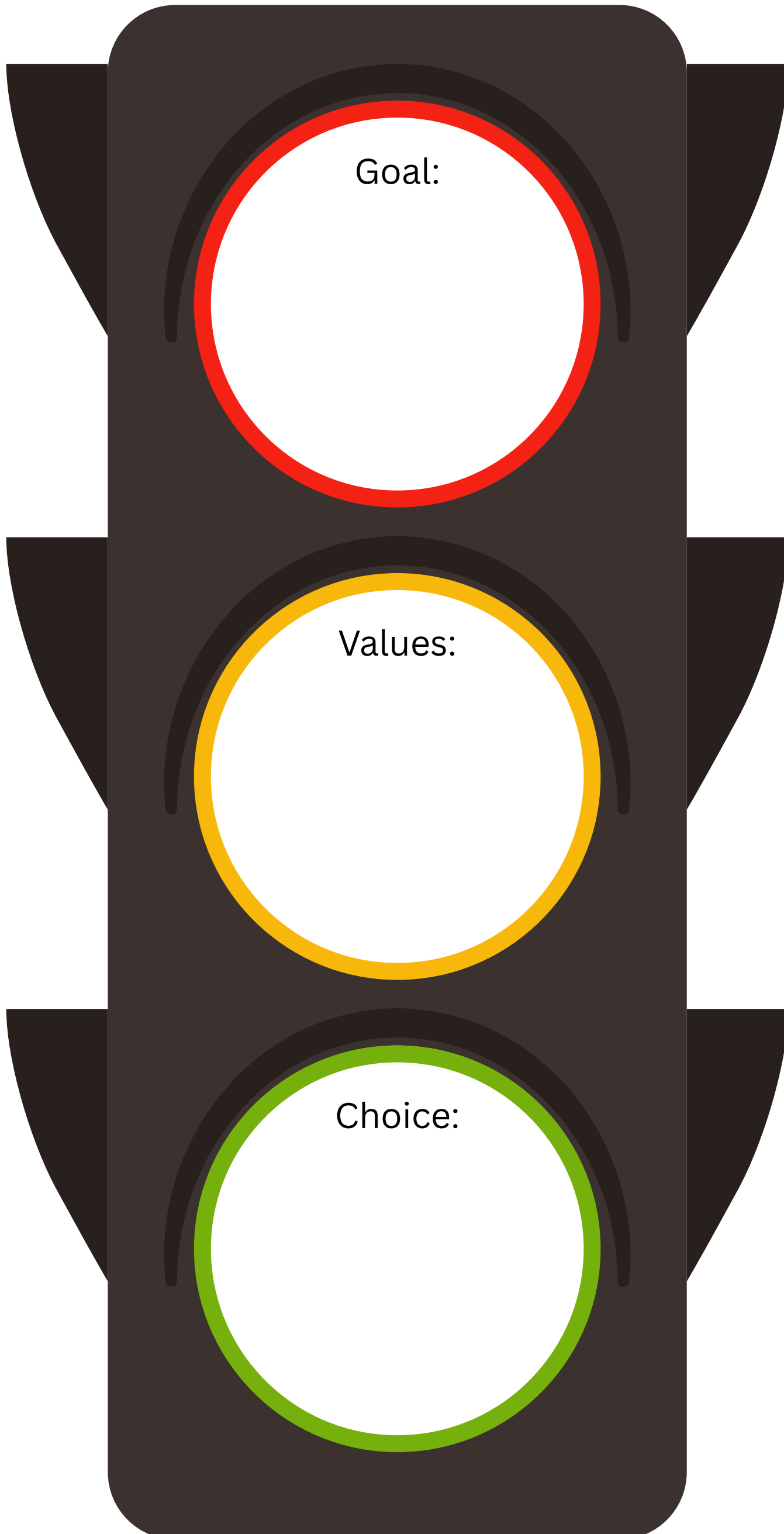


Group 1: Sarah would like to lose 0.5 kilograms a week but struggles with low self-esteem and hates exercise.

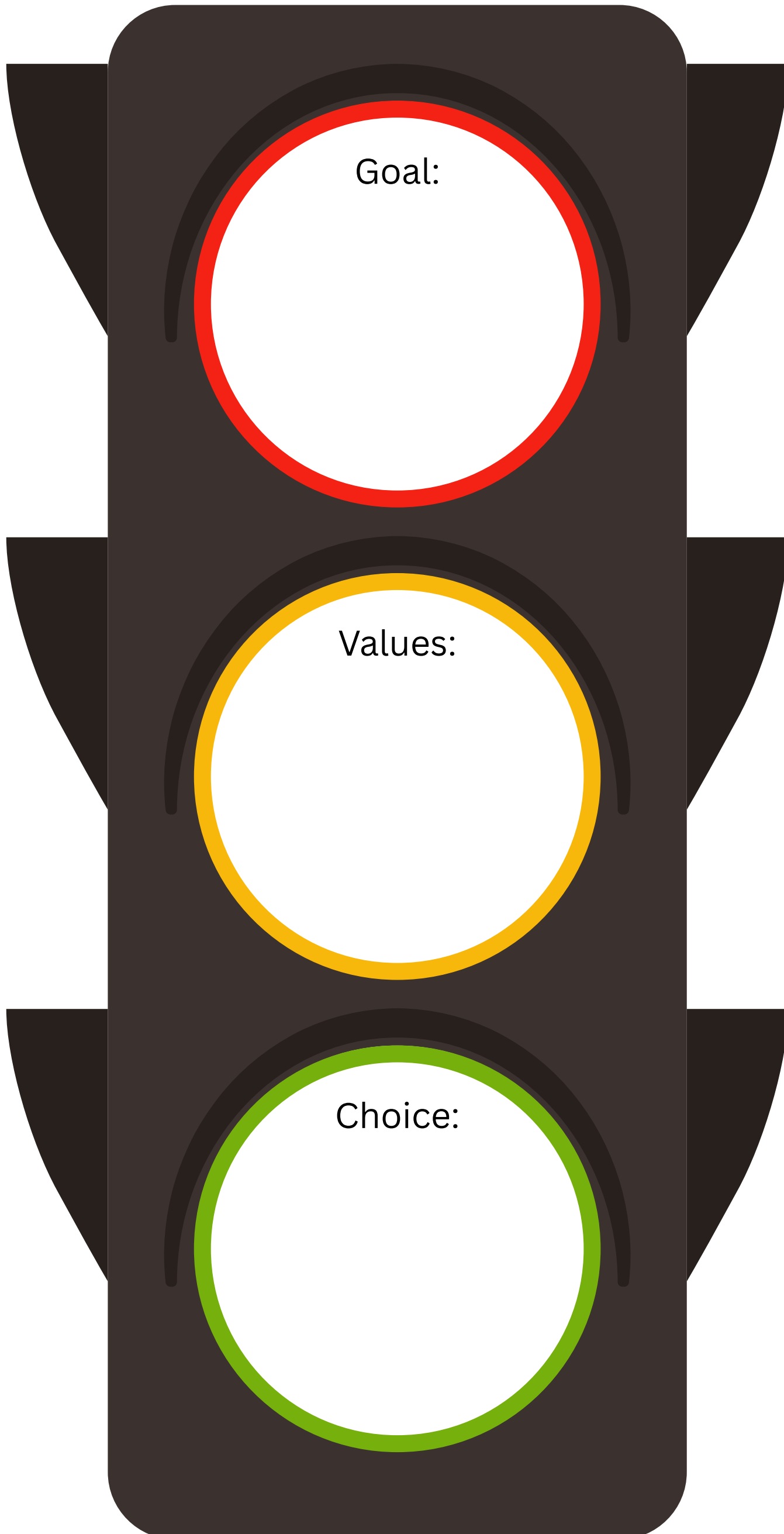


Goal:

Values:

Choice:

Group 2: Mark wants to raise his math grade from 55% to 70% this term, but often spends his evenings playing online games with friends.

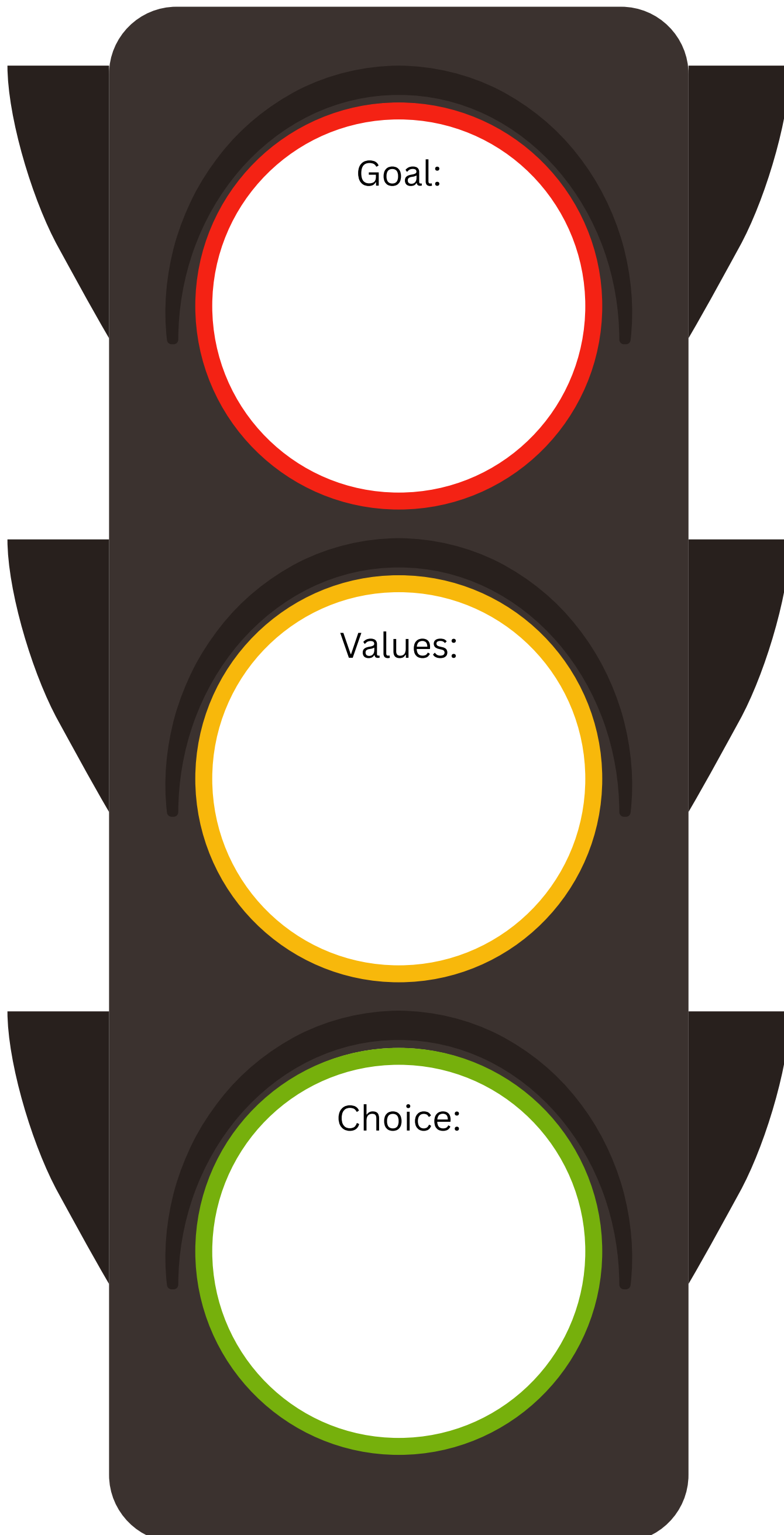


Goal:

Values:

Choice:

Group 3: Khanyisa aims to save R2,000 for concert tickets next month, but she loves buying trendy new clothes and frequently shops with friends.

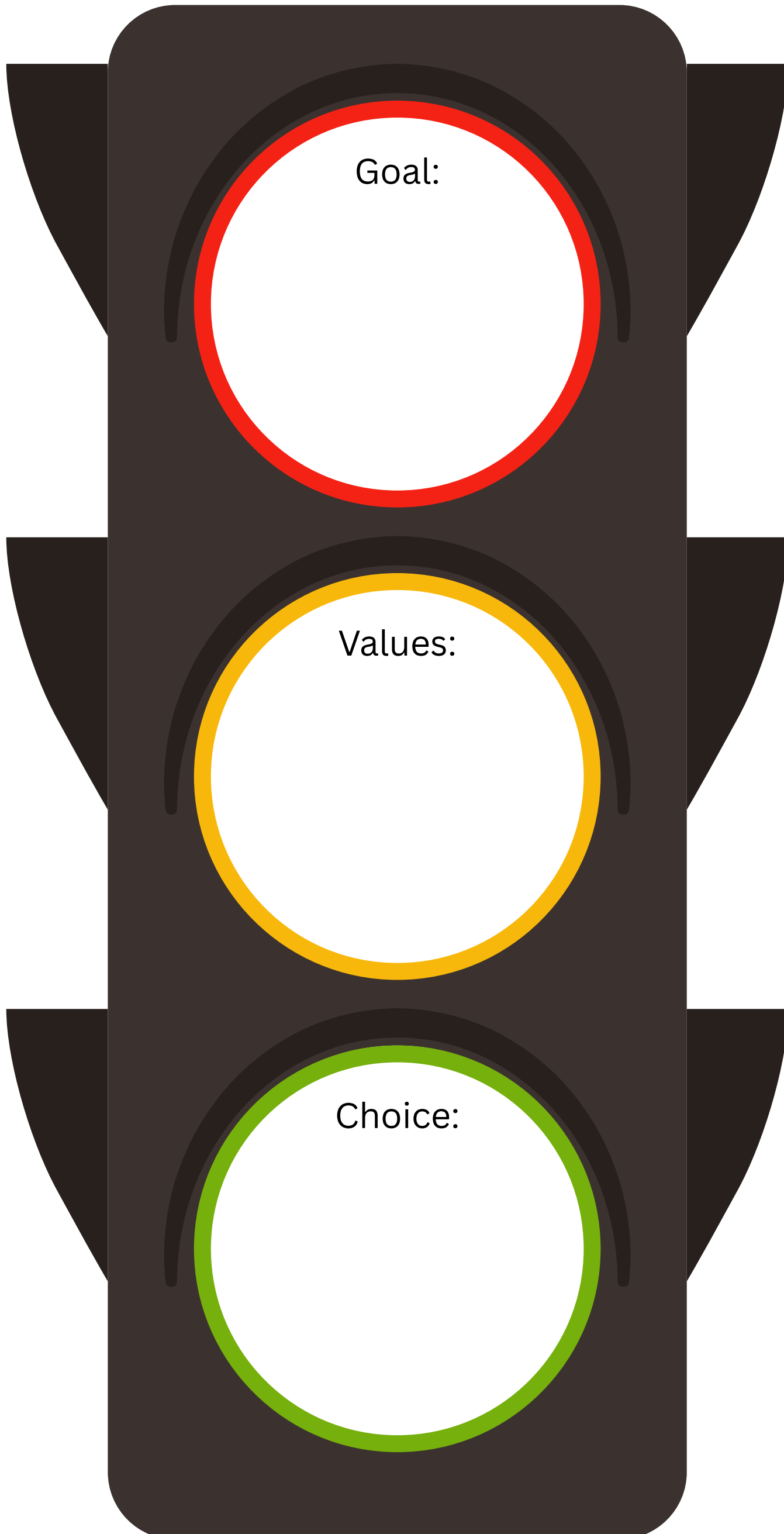


Goal:

Values:

Choice:

Group 4: Chin-Lee wants to secure a leadership role in the Prefect Body next year, but he is nervous about speaking up amongst peers and avoids public confrontation.

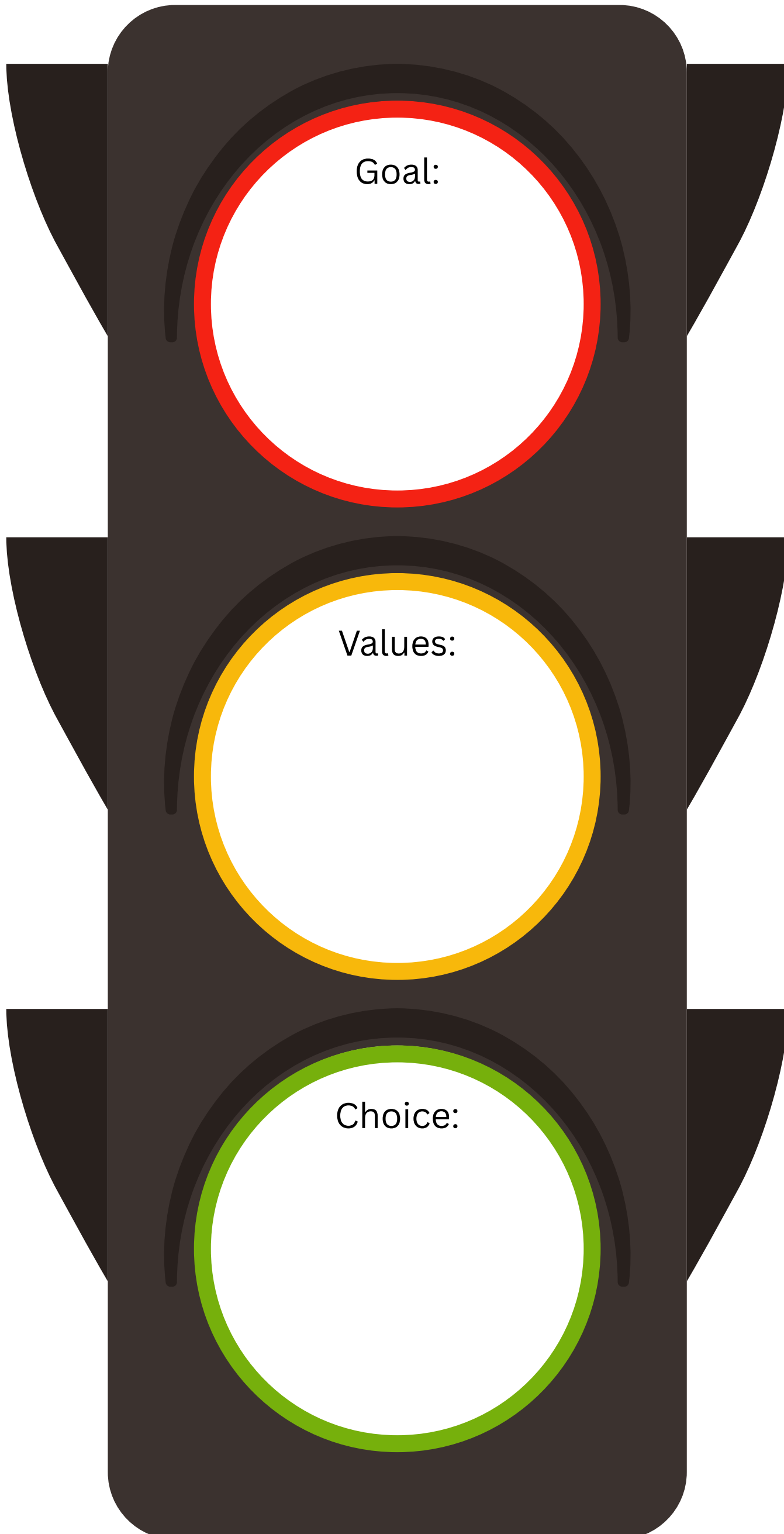


Goal:

Values:

Choice:

Group 5: Lebo wants to get eight hours of sleep every night for better focus, but her friends message her until midnight, and she worries about missing out on their conversations.

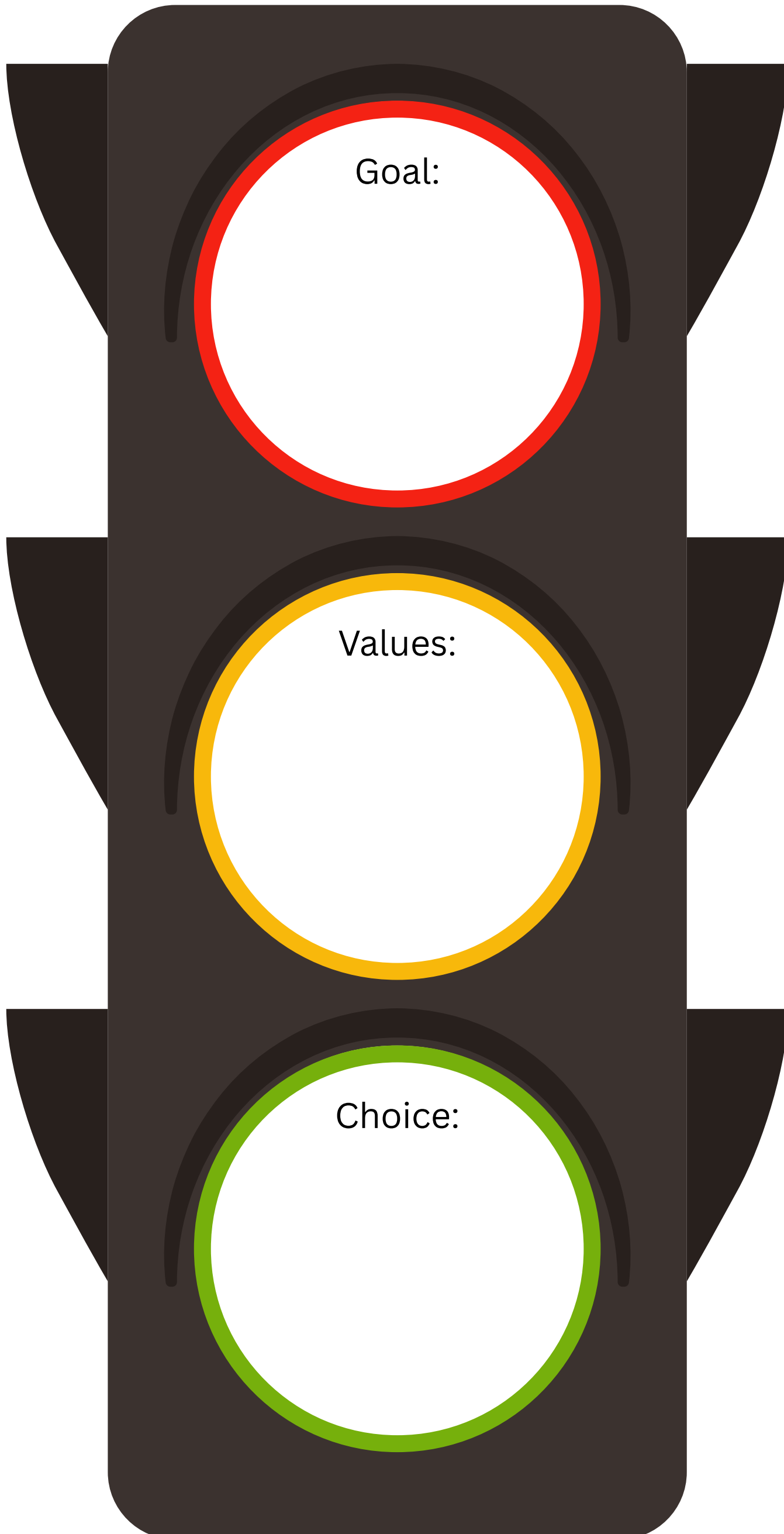


Goal:

Values:

Choice:

Group 6: Jessica wants to repair a recent argument with her best friend before the end of the week, but she strongly values being "right" and finds it hard to apologise first.

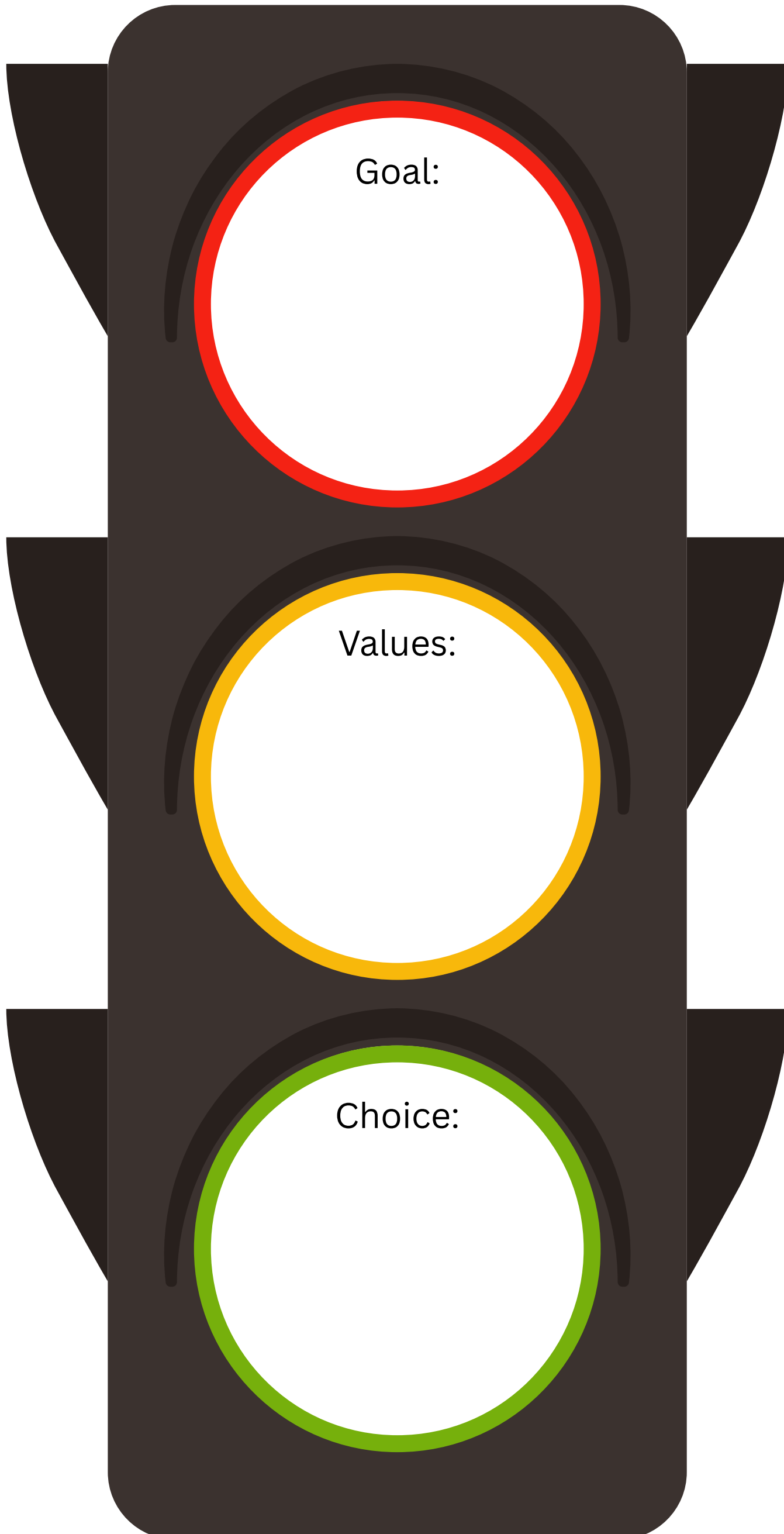


Goal:

Values:

Choice:

Group 7: Ethan wants to complete a challenging personal project: learn three new guitar chords this month, but often gets discouraged easily and quits when things get difficult.

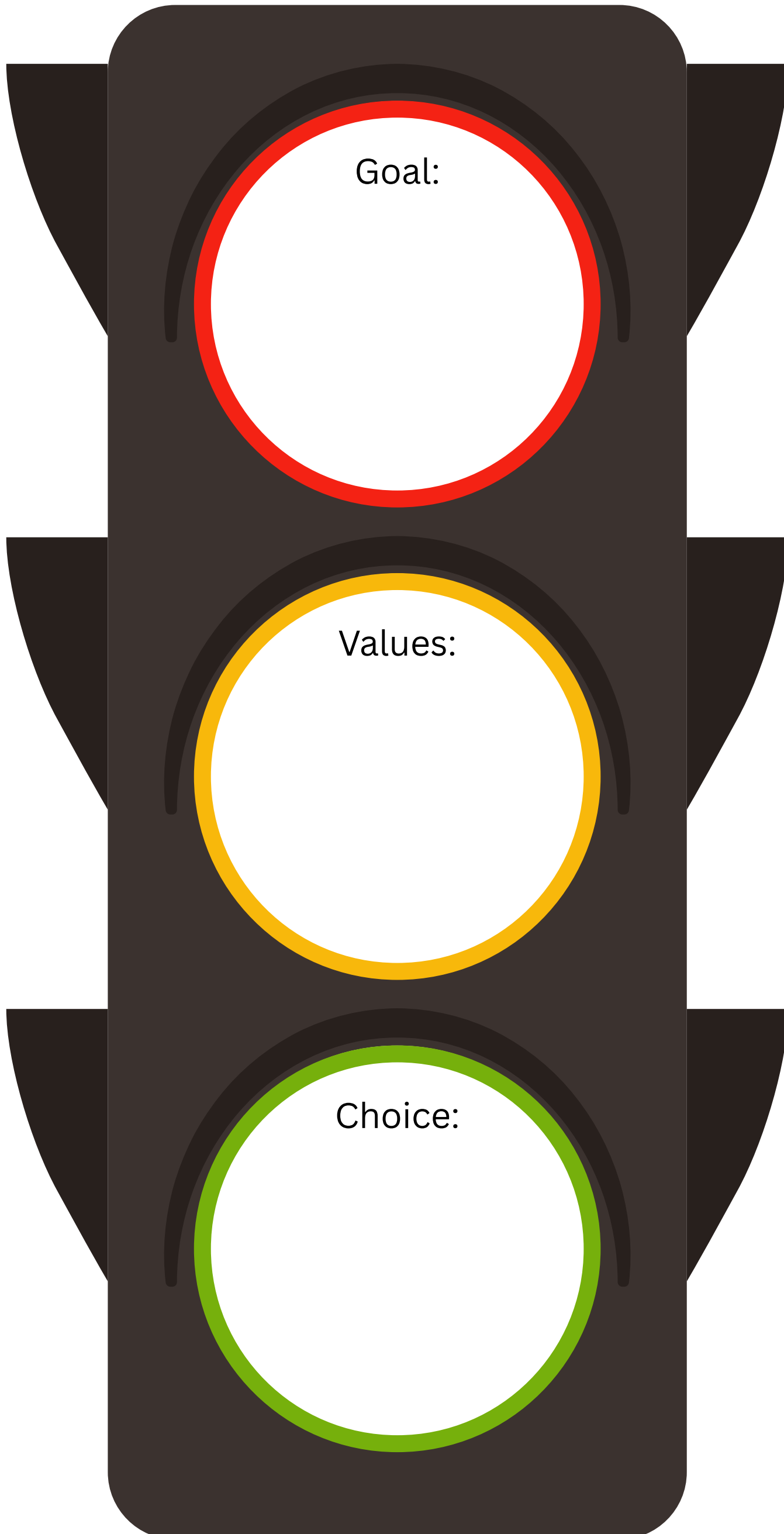


Goal:

Values:

Choice:

Group 8: Ben wants to stop relying on his parents to wake him up and manage his schedule, but he stays up late watching videos and struggles to be punctual.



Goal:

Values:

Choice: