

I remember myself now...

This is the world I'm creating:

Describe the gift
you most want to give yourself.

Instead of a wall
I'm building...

Describe yourself as a tree,
roots to crown.

Imagine yourself as a seed...
describe the process
of beginning to sprout.

The fire inside me is fueled by...

I'm listening to the wisdom of...

This is an old wound.
To heal it, I need...

Write a love letter to the trait
you most often criticize yourself for.

Write an ode to your hands.

The moon reminds me...

Imagine yourself alone at the beach.
The ocean's left a treasure
on the shore for you.
Describe it.

I need more time to...

List at least 13 things
that bring you joy.