

Writing Your Story

Imagine that the next year is going to be a key year in defining who you are in your life. If you were to become more fully you during this year, while at the same time still supporting those you care about, what would your process of “becoming more fully you” look like over this next year? Where do you wish to grow? What kind of person are you yearning to be? If you were writing the chapter of the next year of your life, what would the theme be?

Now that you have the set, do 10 minutes of writing about the next year and what you hope to become.