

# RAPID FIRE STARTING

I crave

Other than time or money, what I want more of is

I need to give myself more permission to be

What's different about me is that

What do I do most naturally?

What do I do even though I don't want to?

Light and heavy: This brings me alive, enlivens me, reminds me of who I am

Light and heavy: This depresses my spirit, weighs me down, down, down