



## Questions

What is your favorite memory of being outside in the sunshine? What helps you move forward in hard times?

Reflect on a hard time in your life when you unexpectedly found moments of light. What did you learn?

## Reflection

Close your eyes and imagine your body washed in warm light. As you feel the warmth on your back, picture your shadow at your feet.

Welcome the shadow as part of you. Don't let it cloud your vision. Shadows only exist because of light. This light also exists within you and will always be part of you.

“Get mad and cry and all that, and then **pick yourself up** and keep **stumbling toward the light.**”

Gabe, 2016