

“I know I've got **many miles on this road yet to travel** but I believe I'm **off to a great start so far**” LT, 2005



Practice

Stand up and plant your feet firmly on the ground. Pay attention to how your feet feel on the ground and the strength of the earth below. Put one foot in front of the other. Notice what changes in your body, in your balance, and in your view as you put one foot slowly in front of the other. What stays the same? Every step can be the start of something new and beautiful.

Questions

What is one small positive change you've made in your life recently? How does it feel?

What is something positive you regularly do for yourself? How does this help you?

What is something positive you would like to do for yourself? How would this help you?
What would happen if you started today?



Art by Jonason K.