

This Month's Topic: Living Deliberately

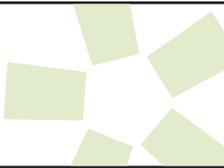
"I went into the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived."

—Henry David Thoreau, *Walden*

Reflection Questions and Exercises

Are you living deliberately? If your answer is not a resounding YES, why not?

Take 5 minutes to simply "Braille your world," a phrase by the beloved Leo Buscaglia that refers to noticing your environment (using all of your senses) with friendly curiosity. Write down what you experience.

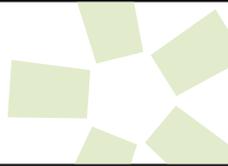


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What other possibilities (and beauty!) would you see in your life if you raised your level of awareness? How can you broaden your perspective in any given moment?

Think of a decision you wrestled with in the past. Would your decision have been different if you listened to your body as much as your head? Reflect on that experience.

How do you want to be? Or, how do you want to feel? Think of 3 words or phrases that empower you, that rings true to your core. (For example, I want to feel *courageous, passionate and energized.*)



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What will you do to cultivate the way you want to feel? How will your choices differ if you define success according to how you want to feel?

Complete the following sentence stem at least 6 times with whatever comes to mind. If I were to live 10% more deliberately I would...

Notes and Additional Thoughts

"The essence of your desire is a feeling... You're not chasing a goal, you're chasing a feeling you hope reaching the goal will give you."

-- Danielle LaPorte, *The Desire Map*