

Capture a Moment of Clarity: Journal Exercise



- Close your *eyes*.
- Breathe *deeply*.
- Be *quiet* and *still*.
- Ask “What *clarity* am I seeking?”
- Listen for a *response*.
- Capture it in *writing*.
- Consider how to *apply* it.
 - *Inner-work to do*
 - *Better perspective about my life*
 - *Run my race*
 - *Idea to make blossom*