



Express Your Inner Wisdom

1. Ground yourself with a few breaths.
2. Set an intention to find an object that resonates with you.
3. Find an object. Offer it some mindful presence & do a quick sketch of it.
4. Write one page giving the object a voice, "I am the _____."
5. Respond to the object in one page, "Thank you _____."
6. Underline a few key phrases from each page and write a poem.
7. Bring the sketch & poem together in a creative way!