

A Version of You That You Miss

Look at a part of yourself that has gone quiet, and see what of it is still there.

WHEN TO USE THIS

Use this when you catch yourself thinking you used to be different.

Describe the version of you that you miss. What was a day like for that person?

What did that person have that you do not have as much of now?

Time, health, people, quiet, hope.

What part of them is still in you, even faintly?

You are not trying to go back. You are looking for what to bring forward.

Missing a version of yourself usually means you know what you value.