

An Ordinary Day, a Year From Now

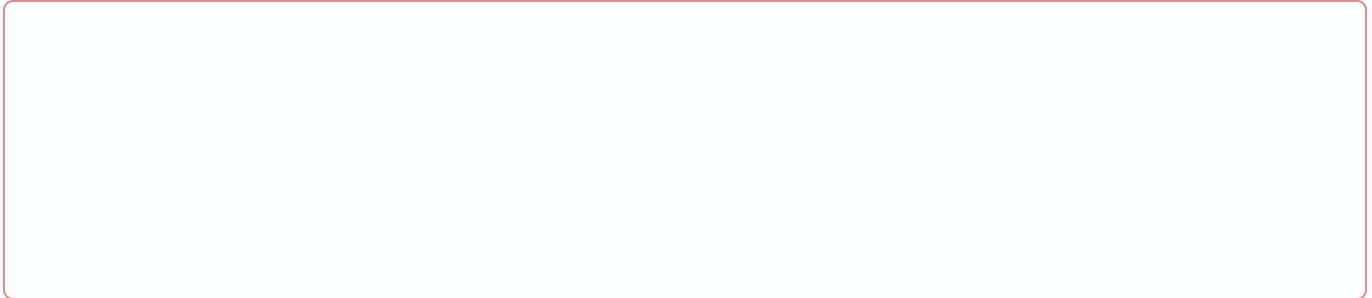
Puts something in front of you to move toward, not only something to move away from.

WHEN TO USE THIS

Use this when you are asking yourself what all of this is for.

Picture a normal day a year from now that you would be glad to have.

Write it or draw it. Morning to night. Nothing grand.



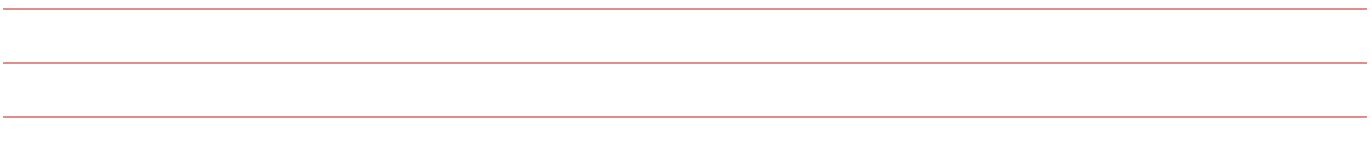
What is in that day that is not in your days now?



What is in your days now that is not in that one?



What is one piece of that day you could have this week?



You do not have to want the whole picture yet. One part of it is enough to aim at.