

What Can I Do Right Now?

*As the moon dissipates with dawns' emerging light,
a life no longer lived must be reinvented.*

Mornings' Moon



There is a time in the early hours when the moon from the night before and sun of the day to come... meet. It is a time and place of quiet comfort and meditative mindfulness. And, yet at the same time, it can be a moment where opposites collide with possibilities to form beauty.

The world of loss often intersects with the inlet to reinventing oneself.

Vast flowing internal waterways move towards an unknown.

Anticipation informs new goals with unrecognized boundaries forcing our direction.

Decisions for which way to steer your new life must be explored and attempted.

With bravery mustered, new goals, approaches to your world, exploration and the willingness to let go and move forward put you in a position to sail forward or becalmed and stay put.

- Look towards an opening, seek new explorations, and venture out of the safety of the bay into the waters of unknown.
- Practice new undertakings even though there are the feelings of being unsure and untethered.
- Converge with replaced ways of being that lie in the open waters of your new life with gratitude.

List 3 new activities or goals you would like to try to do:

1. _____
2. _____
3. _____

When feeling fear of your future what strategies can you use to find courage:

1. _____
2. _____
3. _____

Your new journey has a beginning yet has no known end, for you cannot predict, you can only anticipate.

Journal prompt: Thinking in themes, such as being with family, friends, animals, cooking, reading, creating, etc, I used to enjoy:

In what small way could I enjoy some of these right now?

Affirmation: I have the courage to try many new activities and goals for my newly reinvented life.