

Reflect: Way Opening and Way Closing

1. Circle the events where you experienced the most Way Closing. Place a star next to events where you experienced the most Way Opening.
2. What trends or patterns do you notice in Way Closing? What might you let go of based on this information?
3. What trends or patterns do you notice in Way Opening? What opportunities might be available based on what you learn?

Reveal: The Mini-Experiment

Based on the list you have created, what is a mini-experiment that would help you be more joyful in the next 24 hours?

Release: Free to Fail!

**My value is not defined by my work.
My community is gifted and loving.
I am free to fail!**

Reach: Take Action

When and where will you do your experiment today?

Remember to look for Way Opening and Way Closing!