

~ Blast List ~

I came up with the 'blast list' in March, during a period of intense emotion + heightened presence I didn't know how to harness—and didn't want to forget.

Not knowing what else to do, I picked up pen + paper and started...blasting.

It's the only way to describe this list, so that's what I call it now.

It's different from brainstorming. You're not trying to come up with new ideas; on the contrary, the thoughts or feelings or ideas are running rampant! Wild! This is a way to harness the essence of where you are and what you're experiencing now.

Write fast--without overthinking. That's key! Start with the topic at hand...the one flailing itself shamelessly in front of you...and list whatever comes to mind in the moment. You might have 3 things on your list. Or 30. Doesn't matter.

I've 'blast listed' Joys. Gratitudes. Frustrations. Surrenders. What matters to me. What doesn't.

When I'm done, I feel...Centered. Clear. Different. No matter the feeling, I'm always glad I put it on paper.

Summertime

~ A Blast List ~

June is the start of a lighter time of year, in almost every way. To help me 'Lighten' this season, I'm dashing off what I need summertime to be...what I want summertime to be.

These entries might be a single word or a phrase; I might fill a few lines or many. There's no 'right.' It's ALL right!

:: _____	:: _____
:: _____	:: _____
:: _____	:: _____
:: _____	:: _____
:: _____	:: _____
:: _____	:: _____
:: _____	:: _____
:: _____	:: _____
:: _____	:: _____

My One Word :: _____ + Summer

~ A Blast List ~

How can My One Word show up this summer?

How can My Word support the summer I said I need or want it to be?

:: _____

:: _____

:: _____

:: _____

:: _____

:: _____

:: _____

:: _____

:: _____

:: _____

:: _____

My One Word :: _____ (so far)

I've done a lot with my word this year. (So far.) Some of it's been 'one + done.' Like projects. To-do's. That kind of thing. And some of it's been big. (Or bigger, at least.) Life stuff. Lasting stuff. Then, of course, there's the in-between, too.

Each year in June + December, I like to look back...as a way of asking, What have I done that I want to carry into summertime with me?

For example, in 2019 my word was Thrive. I worked (very) hard establishing 'better boundaries as a way to Thrive' starting in February that year. Come June, I knew my summer would serve me better if I kept the work front + center on my radar that season—and did it ever!

So, taking some time to look back at my notes, at my journal, I'll take a few things into summer with me:

January

February

March

April

May