

Curiosity Corner

Grow your awareness and open doors to an inspired life!

What would you do if you knew you only had one year to live?

Time: 10 minutes or more... you choose!

This exploration works best while standing, gently moving and mindfully breathing.

- **Step One:** Close your eyes and place your hands over your heart. Take five deep breaths giving your complete attention to your breath. This will help you calm your mind and gain access to your wisdom.
- **Step Two:** With a curious mind, ask yourself these questions out loud. As answers occur to you, write them down.
 - Hmm... If I only had one year to live what would I do? Hmm... Hmm..
 - Hmm... With the possibility of having only 365 days to live, what is most important to me? Hmm.. Hmm...
 - Hmm... At the end of my 365 days, what do I want to say about my last year? Hmm... Hmm...
- **Step Three:** Consider asking a friend to do this activity and share your results! A journey is always better when traveled with a friend!
- **Step Four:** Now, be curious about how you will create your next 365 days according to your new inspired plan! Consider joining the next session of *A Year to Live... a Sacred Journey into Life and Death*. Here you will have a robust roadmap to follow and other like-minded people to support your journey.