

# Curiosity Corner

Grow your awareness and open doors to an inspired life!

## Impermanence Experiment...

Time: 10 minutes to one day

## Carpe Diem!

*Did I Seize the Day?*

Imagine today is the last day of your life. It could be, your life is finite... it is impermanent... any moment could be your last moment. Use this exercise as a way to begin making friends with your own death.

You will find that when you can accept death, you will live more fully!

**STEP ONE:** Reflect on what you have done so far today. With each event that has already passed, take yourself back in time and be present in that moment, ask yourself...

### If that was the last time I \_\_\_\_:

- Did I show up how I would have liked to? Why or why not?
- If I get a chance to do this again, what would I do differently? Why?
- What might I have missed? Why was that important?

**STEP TWO:** If your day is not at its end, think about what the remainder of the day holds. As each event happens, be present in each moment and ask yourself these questions...

### What if this is the last time that I \_\_\_\_:

- What do I need to do to have deep satisfaction that I showed up as my best self?
- Why is that important to me?
- What can I be grateful for in each moment?

**STEP THREE:** Reflect.

By seeing your life through a new perspective and discovering the value and perhaps preciousness of your day-to-day existence, you can discover how you want to invest your time and energy into what matters most. You can also cultivate gratitude for the life you have.

Breathe deep and reflect on what you are grateful for and the preciousness of life itself.

**An Invitation:** For a truly transformative experience in recreating your life to align with what matters most, join our course ...

### A Year to Live...

*A Sacred Journey into Life and Death*