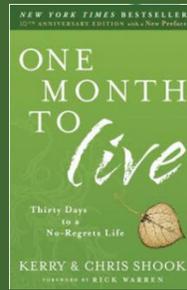


ROSES *and* THORNS BOOK CLUB



DAY 1: Introduction: Living The Dash

REFLECT:

As quickly as possible, without thinking too hard or too long, make a list of five things you'd change about your life if you knew you only had a month to live. Choose at least one to begin changing today, right now.

Describe how you would like your life to be different at the end of reading this book. What drew you to open these pages in the first place? What's going on in your life now that has prepared you to think about who you are and why you're here.

Tell at least one other person - friend, family member, or co-worker- that you're reading this book. Ask that person to circle on the calendar the date for one month from today and to ask you then how your life has changed.