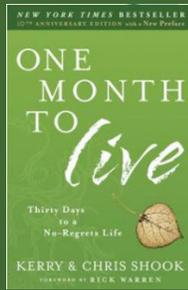


ROSES *and* THORNS BOOK CLUB



Make It Last For Life

DAY 16: *Star Power* DISCOVERING WHO YOU WERE MEANT TO BE

Tonight (or the next clear night) go outside and spend some time alone looking at the stars. Where does your mind go? Where does your heart go? Once you return inside, read Psalm 8. Now write your own poem to God, expressing your experience and including your own questions and longings.

Make a list of your strengths—everything you can think of. Make them as specific and concrete as possible, or provide examples if they tend to be general. Instead of saying you're creative, specify that you're a gifted watercolor artist. Now go back over your list, and beside each one write how much time this past week you devoted to using or improving that gift.

This week find an object that reminds you of who you really are. It may be a picture of you doing a favorite activity or posing with loved ones. Maybe it's a rock from a hike or a piece of jewelry from your grandmother. Keep it with you or in a prominent place you will see every day as a reminder of your true identity.