

steps to becoming you

@capturingthecharmedlife

- Remember who you were.
- Acknowledge what you liked.
- Acknowledge new things you enjoy.
- What are your emotional challenges?
- What is your emotional landscape?
- In the night, what wakes you?
- Make something.
- Do something from your childhood.
- Cultivate musical curiosity.
- Write a list of the people you value.
- Write a list of three important values.
- Find your mantra.
- Choose your daily words.
- Spend a day away from the kids.
- Meditate.