



Torchbearers Accomplishments + Aptitudes Activity

Journaling Prompt: Finding Your Own Light

Finding your place: Take this opportunity to unplug from technology. Get a special notebook or journal to write in, and a pen to write with. Leave your cell phone at home. Reserve a chunk of time so you can be contemplative and slow. Walk out to a spot in nature in an easy saunter, as far as you can go in the time you've allotted. Find a tree to lean against, a rock to sit on, a stream to sit by, a meadow to sit in. Take a deep breath, settle in.

Finding your voice: As you respond to the prompts following the meditation, don't worry about grammar, punctuation or writing rules—just let it flow. Write thoughts as they come to you, without any editing or judgement. Take time to stare at the clouds, the water moving by, the leaves in the breeze. Ponder. Consider. Contemplate. For these kinds of prompts, it is best to write until you have no more to say about the matter.

Identifying Accomplishments: In this same time frame, what do you feel like you accomplished? Certainly this could include professional accomplishments, but think also of things you might have accomplished in your personal life, with your relationships, in regards to your health, and in relation to your environment. Be proud of what you have done. Claim it. Honor it.

Identifying Aptitudes: What are you good at? What are your talents? What comes easily to you? What is your light to offer to the world? How can you best make this light shine? How might the world be able to use your light for good?