WHAT’S
A JOURNAL FOR
YOUR
EVERYDAY EVOLUTION
STORY?

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WAKING UP
Every story starts somewhere. You, too, began at the beginning, a seed in the dark. And at one singular moment, you opened your eyes to a world of light, sound, and movement.

Every morning you repeat this process, emerging from the quiet of sleep into the noise and chaos of the day. In our first moments of awareness, between sleep and waking, we scramble to pull thoughts, images, and memories from the archives of our life. Piece by piece we assemble a story. Our story.

But waking up doesn’t have to happen by rote. And it doesn’t just happen in the morning.

Every moment brings the opportunity to awaken and to put ourselves, and our stories, together in a new way. We can reexamine our earliest memories and beliefs about who we are, where we came from, where we are going, and why we are here.

In the split second before we open our eyes, we ask: Who am I? Where am I? What is this bed and this life I am in? How do I make sense of it all?

Use these pages to tell your own story of awakening.
Read each question.

Turn it over in your mind until it evokes an image, sparks an idea, or inspires a reflection.

Breathe.

Start writing. Take up all the space you need.

Write for at least five minutes.

Take another breath.

If there’s more to say, keep writing. Use the blank pages in the back if you like.

When the words stop coming, read over what you wrote, without judgment.

Keep breathing.

Be tender with yourself as you become aware of your truth and the emotion it evokes.

Then move on to the next question, or take a break. Whatever feels right in the moment.
What is your first memory?
Did you experience it or did someone tell it to you so many times it came to feel like your own?

How has that memory informed your thoughts about yourself?
How has it shaped your story and your life?
What assumptions do you have about yourself and your life as a result of that memory? Are those expectations serving you? If so, how? If not, how can you commit to changing them?
Who are you, right now? What is the story of your life today?
Who are you when no one is looking?
What do you love and what drives you crazy?

What limits you and what helps you grow?
Make a list of the things that give you total joy, and a list of the things that make you feel less awesome.

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What are your assumptions about who, where, and what you should be at this moment in your life?
What do you think it means to be a healthy human being today, in this world, right now? How are you living up to those expectations? How are you missing the mark? How can you get closer to your aspirations?
We all live with a “board of directors”: parents, siblings, partners, teachers, spiritual leaders, friends, bosses, and others sit at a big table in our mind, telling us what to do. Use this space to write what each board member says to you.
Now ask them to be quiet, to listen to you, to cooperate. If they won’t, ask them to leave. Fire them if you have to. In this new silence, ask again, what should you do with your life? Write down what you hear.