

WHAT'S

A JOURNAL FOR

YOUR

EVERYDAY EVOLUTION

STORY?

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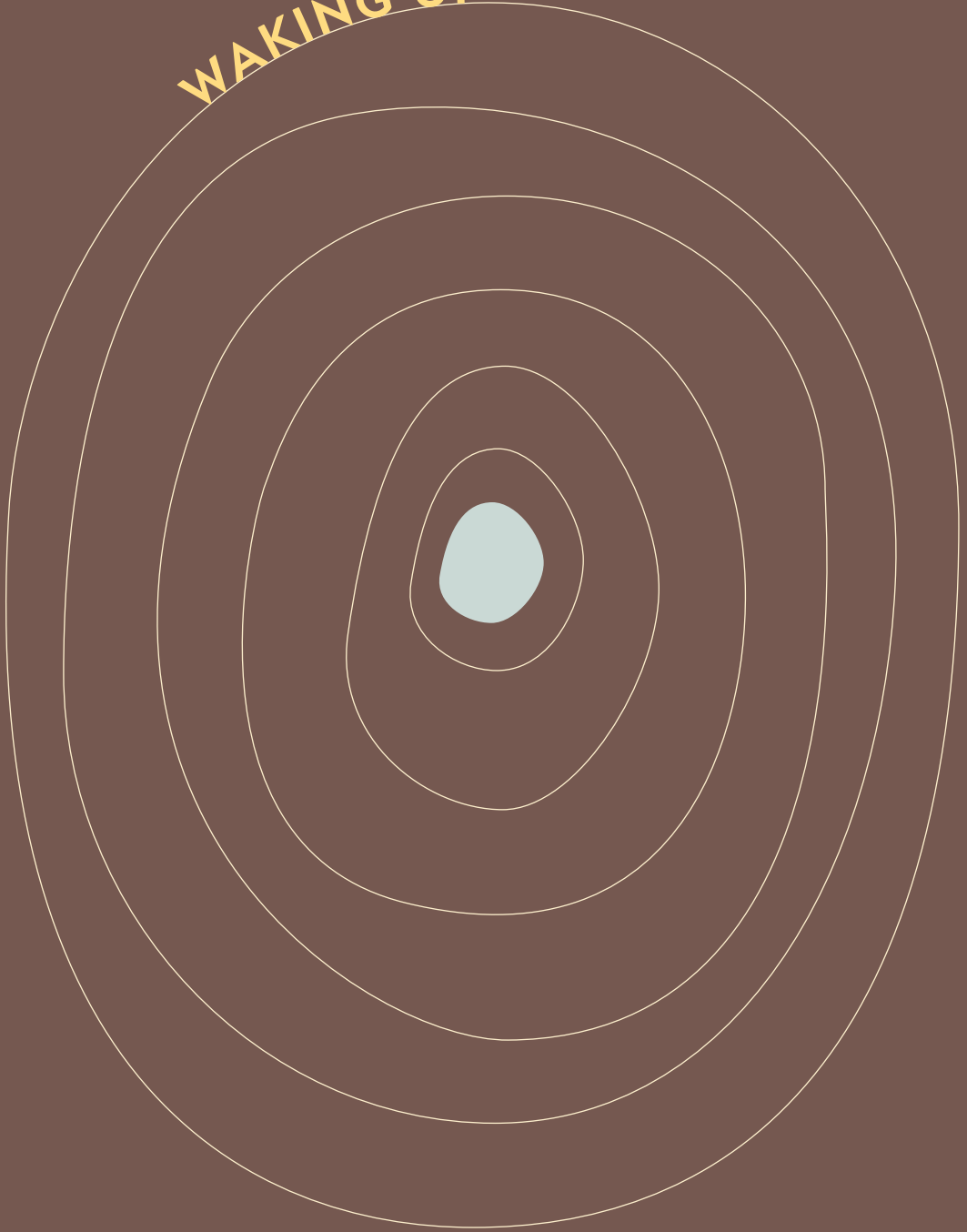


sounds true
BOULDER, COLORADO

CONTENTS

10	READY
16	SET
22	GO
24	WAKING UP
46	IN YOUR BODY
66	WITH PEOPLE
88	AT WORK
112	FACING THE SCREEN
132	GOING OUTSIDE
154	IN COMMUNITY
174	COMING HOME
194	TWILIGHT
212	LETTING GO

WAKING UP



DO IT

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?

WHAT'S YOUR STORY?

How has that memory informed your thoughts about yourself?
How has it shaped your story and your life?

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'S YOUR STORY?

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.

YAY!

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

NAY.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

WAKING UP

What are your assumptions about who, where, and what you should be at this moment in your life?

WHAT'S YOUR STORY?

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.

WHAT'S YOUR STORY?

