



## SILKY FRINGE

*DIRECTNESS. ADDRESS PRIORITIES HEAD ON. SUDDEN INSIGHTS.*

### WRITING PROMPTS

When do I withdraw?

What type of situations do I avoid?

When does it feel invigorating to be direct?

When does being alone feel nourishing and when does it feel lonely?

In what situations do I find myself wanting to run away?

When have I 'faced the music'? Did it allow me to cut to the chase more quickly?

Take a moment each day, or even a set time once a week, to reflect on how you're feeling, right now. It can be just one or two words!

Carving out time for reflection, even just a minute each day, is important self-care and can help us follow our growth with flower elixirs.

WEEK 1						
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WEEK 2						
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WEEK 3						
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WEEK 4						
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### EXQUISITE PRACTICES

**Is there a conversation that's been percolating in the background you need to have?**

Bullet out all the things you feel need to be addressed.

***Now ask yourself:*** what's the worst outcome of having this conversation?

What's the BEST possible outcome of having this conversation?

Which of these possibilities are you willing to risk *not* happening?

**Imagine you're 90 years old, looking back on this time in your life.** What will you wish you had done? What would you say if you had nothing to lose?

**Practice speaking what comes up for you with those you trust.** This doesn't mean speak without thinking - rather, practice bravery in sharing that which you may typically keep quiet about, particularly out of fear of how it will be received.