



01. INVENTORY OF SENSES		02. INWARD				
<p>Assign each sense a specific trait that personifies the present.</p> <p>Example: rose geranium; walking on cold concrete; a cynar spritz; Beethoven's Ninth Symphony; the light at 4:45 in the afternoon.</p> 	A Fragrance:	<p>In the last month (or recent past)...</p> <p>a. PLOT LINE A personal plot line of the month (i.e., someone says, "Haven't seen you in awhile, what's new?" and you say, "-----.")</p> <p>b. EGGSHELLS What felt tense or particularly delicate?</p> <p>c. SWEATER WEATHER Contrarily, what felt exceptionally comforting, warm, and easy?</p> <p>d. NEW TO ME What's something you've recently been interested in? A hobby, an idea, a destination? Doesn't have to be revelatory.</p> <p>e. IN-BETWEEN Gilles Deleuze wrote, "It's not beginnings and ends that count, but middles." What are you currently in between?</p> <p>f. JARDIN PRIVÉ The private garden of the mind—identify a secret (or semi-secret) that presently lives only in your head.</p>	a.			
	A Feeling:		b.			
	A Taste:		c.			
	A Sound:		d.			
	An Image:		e.			
03. AWAY / TOWARD		04. INWARD				
<p>Make two lists—one of things you would like to move away from, one of things you would like to move toward.</p> <p>Example:</p> <p>AWAY: Planning the end before you've begun; projected wanderlust; 'urgent emails.'</p> <p>TOWARD: Packing light; achieving goals in silence; meaningless pleasure.</p>	AWAY:	TOWARD:	<p>In the last month (or recent past)...</p> <p>a. A STRANGER Recall a meaningful or memorable interaction with someone you don't know.</p> <p>b. A FRIEND Recall a meaningful or memorable interaction with someone you know intimately.</p> <p>c. ROUNDABOUT What have you gone out of your way to avoid?</p> <p>d. IDK WHAT IDK Shunryu Suzuki wrote, "In the beginner's mind there are many possibilities, but in the expert's there are few." When did you encounter your naiveté?</p> <p>e. Born to Please Describe a moment of hospitality—either offered to you or that you witnessed.</p> <p>f. GROUNDED Recall a specific moment spent in or amid nature.</p>	a.		
				b.		
				c.		
				d.		
				e.		
05. HARD STACK, LAZY STACK		06. SPACE FOR A SCRAP				
<p>In Louise Erlich's novel 'The Sentence' she writes of two stacks of books stacked atop her narrator's nightstand, one "Hard" ("books about species loss, antibiotic resistance &amp; viruses") one "Lazy" ("Gothic novels.")</p> <p>What is presently in your "hard stack"—ideas, projects, learnings you'd like to pursue?</p> <p>Contrarily, what is in the "lazy" pile—the proverbial comfort food you fall back on, whether a reliable Internet wormhole or a two-minute dinner.</p>	HARD:	LAZY:	<p>Preserve a physical souvenir of the last month—a receipt, a ticket stub, a dried leaf, a postcard.</p> 	a.		
				b.		
				c.		
				d.		
				e.		
07. FORWARD						
<p>What's ahead...</p> <p>a. METAMORPHOSIS Think back to this time last year. What's something that's totally transformed?</p> <p>b. DISCARD Identify something that is no longer serving you.</p> <p>c. TALISMAN What's something you'd like to carry forward with you into the next season?</p> <p>d. IMAGINED FUTURES Ursula Leguin wrote, "All of us have to learn to invent our lives, make them up, imagine them." What's a story you're currently telling about your future?</p> <p>e. KNOWN UNDERSTANDING To learn requires time; cite someone or something you'd like to invest your time getting to know.</p> <p>f. WAVING FROM AFAR Select a word or theme to guide you through the next season.</p>	a.	b.	c.	d.	e.	f.