

Activity: What Do You Need For the Journey? What are you going to keep in your backpack?



2-3 Favorite, inspiring texts to bring with you

1-2 Inspiring artist (music, fine art, otherwise)

2 Spiritual Friends or Mentors. - Who Are You Bringing With You?

2 Favorite Snacks

1 Thing you like to do to rest / feel refreshed?

1 Favorite notebook and pen/pencil

1 Thing in your bag that will be extra weight on this journey?
Something that may hold you back?

1 reminder to yourself

1 prayer