PERSONAL PLAN FOR SURVIVAL

Now is the moment, now is the time
And all I've ever dreamed of or imagined
Is living right inside of me . . .

Paul Alexander 1988

We are always looking for ***THE ANSWERS*** in the wrong places. We look in books. We listen to speakers. We ask each other in hopes of finding the perfect answer. We listen ***first*** to others and never really hear the right words. Instead of looking for answers around us or from others, we need only listen to ourselves. The wisdom is within.

Make the commitment to grow quiet within and listen to the music of yourself. Take one small footstep each day. Make one small change each day. It only takes a moment to find the ***MAGIC WITHIN***.

Begin here with your first footstep toward healing.

Just for today, I will:_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

©Darcie D. Sims
Grief Inc.