PSYCHOLOGY · EMBODIMENT · EXPRESSION

A Little Room *for Possibility*

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A gentle invitation to imagine something you would like more room for.

Choose any sense available to you. You can imagine, skip a step, or stop whenever you wish.

1. Begin with something modest.

Think of a small pleasure you welcome, or one you are curious about. A song, a walk, a page, a conversation. A memory is welcome, too.

2. Give it a little detail.

Picture a moment in which it could belong. What is around you? What might you notice? You can describe the moment in words if pictures do not come easily.

WHAT SMALL PLEASURE CAME TO MIND?

WHAT DETAILS MAKE IT VIVID?

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Leave the door open.

3. Find its smallest expression.

What is one small way this could have a place in an ordinary day? A few minutes, a message, a song played once. Let it fit the life you actually have.

A FEW WORDS, A SHAPE, OR A SMALL DRAWING

4. Leave the door open.

You can keep the idea without turning it into a task. Write a few words if you wish, or let the possibility accompany you as you go.

ONE SMALL POSSIBILITY TO KEEP

For creative reflection and personal exploration.

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