FREE PACK

Character of the *day*

Just a game. Choose who you will play today.

1 MORNING · TODAY I PLAY

Write any name: someone you imagine, or a quality. Someone who is never in a hurry. Someone at home in any room.

TODAY I AM _____

Three ways they carry themselves

1 _____

2 _____

3 _____

2 DURING THE DAY · FIVE SMALL CHOICES, AS THEM

- ☐ How I greet people _____
- ☐ How I answer a "no" _____
- ☐ My pace _____
- ☐ How I dress, and what feels like their energy _____
- ☐ How I eat: the pace, the pleasure, the attitude _____

3 EVENING · WHAT I KEPT

Which of these qualities were actually mine?

_____

_____

What I felt

_____