

QUESTIONS TO ASK YOURSELF ONE BY ONE AFTER YOU'VE PLOTTED YOUR LIFE PATH:

1. Whom did you look up to?
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2. Whom did you depend on?
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3. Who kept you safe emotionally or physically? Who didn't?
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4. Who worried about you when you were feeling stressed?
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5. Whom did you take for granted?
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6. Did you choose your friends thoughtfully or did you fall into them?
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7. When were you running away?
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8. When have you played it safe?
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9. When did you make excuses?

10. When did you feel most alive and fist-pumping in life?

11. Where have you struggled?

12. What part of your past do you want to forgive?

13. What more do you need?

Sit with your history and get really honest with it. Remember to be gentle with yourself, and without judgment. Imagine your younger self and speak tenderly to her or him. The time you take to get gently aware of your journey thus far will help you see your path forward with more clarity.

Consider doing this exercise with a friend, in a class, or with family members. Sharing it with people you trust can reveal more about you—and them. If you're open to sharing your history with me, I want to see it! Take a photo of your timeline and share it on Instagram @love.radha and #belongbook.

