

BOOK OF LIFE
CHAPTER ONE

DISCOVER YOUR LIFE

Uncover your thoughts and beliefs and get in touch with yourself using intuitive writing exercises.

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**There is no greater
agony than bearing an
untold story inside
you.**

-

Maya Angelou

BE BUDDING
WEEK ONE

Exercise 1: Self-Portrait

Write a short self-portrait of 10 to 15 lines starting with:

The person who wrote this has....