



**Life is always moving,
changing,
shifting into its next shape.
The movement is natural. It
is how we evolve. Let the
shifts happen. Take
responsibility for yourself
each step of the way.
Trust the new shape and
form of your world.**

-

Melody Beattie

BE BUDDING
WEEK ONE

Exercise 2: Observing the Room

Describe all the senses you experience. Sight, smell, sounds....

Write in a flow for 5 – 10 minutes (set a timer).

When I look around me I see....

