

# Alone I am Lost

## *Assignment #1*



In this course having a dedicated Journal is important. You will be writing, tracking, contemplating as you move from where you are to where you want to be.

It is important for you to evaluate your life, thoughts, emotions, physical concerns, etc. in order to make your present situation visible.

So, WHERE ARE YOU?

Here are some questions to begin the process.

- What are your thoughts? about yourself, life, 'god', relationships, others, etc.
- What emotions come up to either excite you or to suppress your excitements?
- What would you like to have/be in your life?

You can also just let yourself write in your journal whatever comes up when you consider yourself as an individual valued by some Greater Presence.

Just let the words come to mind and then write them down.