

WONDER SEEKER

52 Ways to Wake Up
Your Creativity
+ find your joy

ANDREA SCHER

FOREWORD BY SARK

WONDER SEEKER

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2. Take a Field Trip to the Grocery Store

Your assignment is to find something mysterious in the produce aisle. Something that inspires curiosity.

Find something you've never tasted before (or more than one thing!) and have a tasting flight of unique flavors. Next to try on my fruit list are rambutan, mangosteen, fresh lychee, and kiwano!

The spirit of this exercise is to experience delight in something new, such as trying foods you've never tasted before. My hope is that it brings you a sense of wonder about the world and all the flavors in it (without having to leave home!). Something that expands your sense of what's possible—reminding you that there is always more to discover, to be curious about, to experience, and to love.

your findings



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3. Drink Moon Water

I'VE ALWAYS BEEN ENCHANTED by a ritual that an old housemate would practice during the full moon. Before she went to bed that night, she would leave a bowl full of water on the kitchen table, right where the moon shone in the window. She would let it fill up with the moon's energy all night and then drink it the next morning.

This housemate had a lot of rituals that fell into the witchy camp, but this is the one that always resonated for me. Instead of asking her exactly how she did it, I decided to create my own version.

What I love about this ritual is that it helps me feel more connected to the rhythm of the natural world and has me take a moment of quiet to consider my wishes and gratitudes for the month—a beautiful moment of reflection and intention setting. Many believe in the magical properties of the energy of the moon itself, that you are literally drinking in the moon's energy. But I don't think you need to believe that in order to get the benefits of the ritual, which, to me, are more about taking a moment to check in with yourself, tune in to your desires, and feel appreciation for all the goodness in your life.

I don't do it every single month, but it's always a wondrous thing when I do. Sometimes, I even put it in mason jars and gift the magic water to friends. I tell them to think about their wishes and intentions while they drink it and know that they are supercharged with the moon's energy. This is always met with surprise and delight!

Here's a simple way to do this ritual (modify as you wish!):

1. Find a pretty bowl and fill it with water.
2. Put the bowl outside (a place where it won't be disturbed) or near a window where the moonlight can flow in.
3. Close your eyes and infuse the water with whatever wishes and blessings feel most potent for you right now. What would you like to create more of in your life? Know that the moon energy will supercharge your intentions.
4. In the morning, drink the magic water!

4. Go on a Wonder Date

SOME WONDER DATES I'D LIKE TO HAVE:

- Sleep in a glass dome in the desert and see the night sky.
- Watch the moon rise.
- See the dahlias in Golden Gate Park in San Francisco.
- Collect sea glass.
- Have an outdoor dinner with twinkly lights.
- Look through a telescope at the stars.
- Go to a sound bath (one of those places where you lie on the floor and the healer plays singing bowls).

WHAT WONDER DATES COULD YOU GO ON THIS MONTH?

WHO WOULD YOU LIKE TO INVITE?

WHAT WOULD YOU FIND ENCHANTING?

HOW COULD YOU INCREASE YOUR CHANCES OF EXPERIENCING MORE BEAUTY AND MAGIC?

5. Measure the Blueness of the Sky



THIS IS A HOMEMADE CYANOMETER! And it measures the blueness of the sky. Cool, right? The idea was invented in 1789 by a Swiss physicist named Horace Bénédict de Saussure, who was interested in measuring how the color of the sky changed at different altitudes. He wanted to answer the question that has plagued humans since the beginning of time: Why is the sky blue?

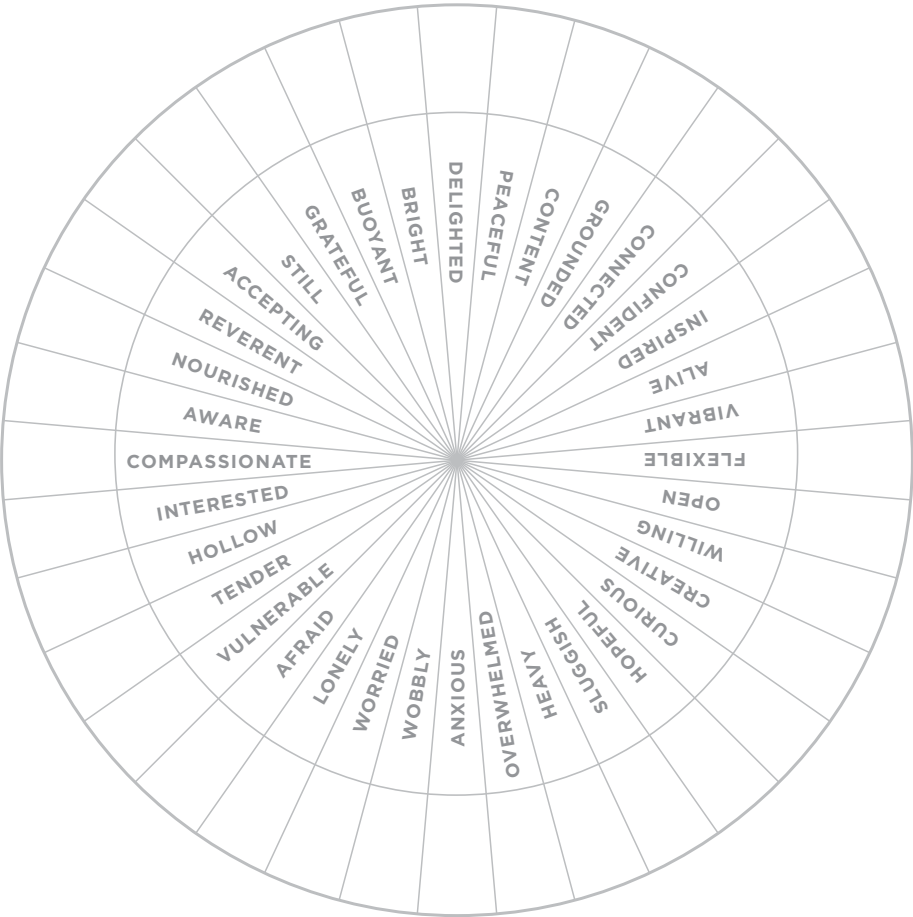
The original tool itself fell out of use, but the artifact remains. I find it so beautiful—elegant in its humble purpose, pleasing for its color. To use it, just hold the colorful circle up and see what blue matches your sky that day.

WANT TO MAKE YOUR OWN CYANOMETER?

You can paint one like the original, or you can gather an array of blue paint chips at the hardware store and make one with some scissors and glue sticks.

Or, if you have one of those fan decks of paint chips, you can use that to find just the right shade of blue. Instead of a number, you will get a creative name instead. “I declare this day Banff blue!”

Here's a fun way for you to create your very own feelings wheel. First, grab a pack of colored pencils, markers, or paint. Next, go around the wheel, choosing which colors you feel correspond to each feeling. Keep going until you have filled the entire wheel!



6. Cloudspotting

CLOUD bingo

DINOSAUR	BEAR	SEATED BUDDHA	BLURRY	COTTON BALLS
RIPPLES LIKE WATER	ELEPHANT	ROCKET SHIP	STRIPES	SUNSET CLOUDS
HEART IN THE CLOUDS	ANIMAL SHAPE	NO CLOUDS AT ALL	A SHAPE IN THE NEGATIVE SPACE	A BIRD
AN ANGEL	ONE LONELY PUFF	CLOUD PUDDLE	FEATHER	JELLYFISH
COTTON CANDY CLOUDS	A FACE IN THE CLOUDS	UFO	A HOLE IN THE CLOUDS	AN EYE IN THE SKY



7. Create a Wonderscape

HOW TO MAKE A WONDERSCAPE

1. Gather your treasures.

You might already have some fun things around the house to add to your wonderscape! I found heart-shaped rocks, sea glass, sand dollars, and a tiny jar of glitter to put in mine. You could also head out on a walk with the intention of bringing home some treasures. Things like bottle caps, pine cones, colorful leaves, and seed pods are great to look out for.

My friend Elke has a wonderscape full of vintage spools of thread, thimbles, and feathers. Anything that brings you a spark of joy is perfect for a wonderscape!

2. Find a vessel for them.

You can put your treasures on a shelf or in a bowl or spread them out on a pretty serving platter. It can be seasonal (perhaps made of natural things you collect on your daily walks) or something you build over time.

My friend Rachel's wonderscape hangs on the wall in one of those vintage letterpress drawers. It's full of treasures her young daughter finds when they are out and about, little toys and other curiosities.

3. Share it.

If you'd like to photograph your wonderscape and share it with the Wonder Seeker community, just hashtag your photo with #wonderseeker #wonderscape. So excited to see what you create!

WORKSHEET

What Are Some Memories of Wonder in Your Life?

for me...

The smell of night-blooming jasmine.

The first time I heard a live gospel choir on a Sunday morning.

When someone told me that you could fry an egg on the sidewalk if it was hot enough.

The first time I saw a shooting star.

When bats were flying around at twilight while we were camping.

That time it hailed out of nowhere, and we ran outside with a mason jar to catch the hailstones.

Take a moment to list as many memories as you can here.

Here are some prompts to get the wheels turning:

THE FIRST TIME I . . .

WHEN I LOOKED UP AND . . .

THAT TIME WE WERE . . .

I COULDN'T BELIEVE THAT . . .

IT WAS SO SURPRISING TO DISCOVER . . .

IT WAS JUST PLAIN DELIGHTFUL WHEN . . .

WHEN I WAS ABOUT FIVE YEARS OLD I . . .

WHEN I LEARNED THAT . . .

THE FIRST TIME I HEARD . . .

MY EYES GOT WIDE WHEN . . .

8. Discover Your Superpowers

This exercise is going to help you identify some of your superpowers!

I'm excited to see what shows up for you, what surprises you. Be broad and bold. From the sublime (sometimes I have precognitive dreams about people I love) to the ridiculous (I have a superpower of picking perfect avocados).

What do you bring to the party? What do you bring with you wherever you go?

To get you started, circle the ones that resonate most. Then add your own!

circle

You are a connector. You love to connect people to each other and/or people to resources.

You are a storyteller.

You bring humor wherever you go.

You bring the real. Those intimate, deep conversations seem to always happen when you're around.

You know how to organize, to create systems, to help people simplify their lives.

You are the resident therapist. People always call you when the you-know-what hits the fan.

You bring the fun, the party, the energy, the shake-your-booty. Things are always more fun when you are around.

You bring the best food.

You bring beauty. From the way you dress to the way you decorate a table, you value beauty and know that life is better when there is more of it around.

You are great at celebrating others.

add

What are your superpowers?

WHAT DO PEOPLE COME TO YOU FOR?

(To organize their closet? For relationship advice?)

WHAT COMPLIMENTS DO YOU GET ON A REGULAR BASIS?

WHAT DO YOU FEEL ENDLESSLY CURIOUS ABOUT?

WHAT ARE YOU FREAKISHLY GOOD AT?

WHAT FEELS LIKE BREATHING TO YOU (BUT IS HARD FOR OTHERS)?

ARE YOU BEGINNING TO NOTICE SOME THEMES?

WHAT THREADS ARE YOU NOTICING?

9. Let Others Appreciate You

Here's what we're going to do.

You are going to send the following email to five people you love and trust. (I know this sounds scary to some of you, but I urge you to get a bit uncomfortable. If it feels easier, just send it to one person to begin!)

To:

Subject:

Dear [Loved One's Name],

I'm reading a book called *Wonder Seeker*, and our challenge today is to interview people in our life about our strengths and gifts.

Would you be willing to answer these questions for me?

1. What are my strengths? Gifts?
2. If there was one word you would use to describe me, what would it be?
3. What is my superpower?

Short and sweet answers are just perfect!

Thank you in advance,

[Your name]

When you get your responses back, take your time reading them. Notice what comes up for you as you take them in. Notice if there is any resistance or if you are telling yourself stories like *She's exaggerating*, or *Well, she's just trying to be nice*.

If you are having trouble receiving these appreciations, go a bit more slowly. Breathe. Trust that what your friends are sharing is truly how they see you.

Do you notice any similar threads? Is everyone commenting on your smile? Or your ability to make them feel at home? Add those to your superpowers worksheet and let yourself take it in as much as you can! Letting others appreciate you is a powerful capacity to build. Getting good at it is a superpower in and of itself.

I AM LARGER,
BETTER THAN
I THOUGHT;
I DID NOT KNOW
I HELD SO MUCH
goodness.

-WALT WHITMAN



10. Choose a Superhero Name

WORKSHEET

Your Superhero Identity

I love your superhero name!

Now let's go a little deeper with your superhero persona. We are going to flesh out the origin story of your superhero self. We all remember Superman's story, right? And how the green substance from the planet Krypton was the only thing that could hurt the Man of Steel? Well, let's understand your superhero's kryptonite (what drains her energy and weakens her special powers), and let's explore how she serves. Here is Zee's origin story.

SUPERHERO NAME: Zee

HER GIFTS: X-ray vision, magic, manifesting, sees beauty everywhere, storyteller, healer, truth-teller.

HER PERSONAL KRYPTONITE IS: Wanting other people to like her. Not wanting to outshine anybody else. Sarcasm. Cynicism. Perfectionism.

HER ATTIRE: Knee-high red boots. Gold wristbands. Black tank top. Tight jeans.

HER MISSION: To wake people up to beauty, to inspire people to be brave, to help people lead more lively, joyous, and colorful lives.

HOW DID SHE GET HER POWERS? Lost her voice through some rough parts of childhood. Mistakenly thought she had to be perfect to be loved. Thought being in a body was not so great and preferred the ethereal realms. Found her voice again through her art and her creative work. Rediscovering her creativity has allowed her to feel whole again, alive, committed to being here.

CURRENT ADVENTURE: Living as a single mom and creating a brand-new life and story with her kids. Discovering powers she didn't know she had. Feeling connected to the Universe in a way she never thought possible. Realizing she is not alone in the world.

Your turn



SUPERHERO NAME:

HER GIFTS:

HER PERSONAL KRYPTONITE IS:

HER ATTIRE:

HER MISSION:

HOW DID SHE GET HER POWERS?

CURRENT ADVENTURE:

14. Make a Time Capsule

HERE ARE A COUPLE OF OPTIONS (OR FEEL FREE TO INVENT YOUR OWN!).

Option #1: Write a love note.

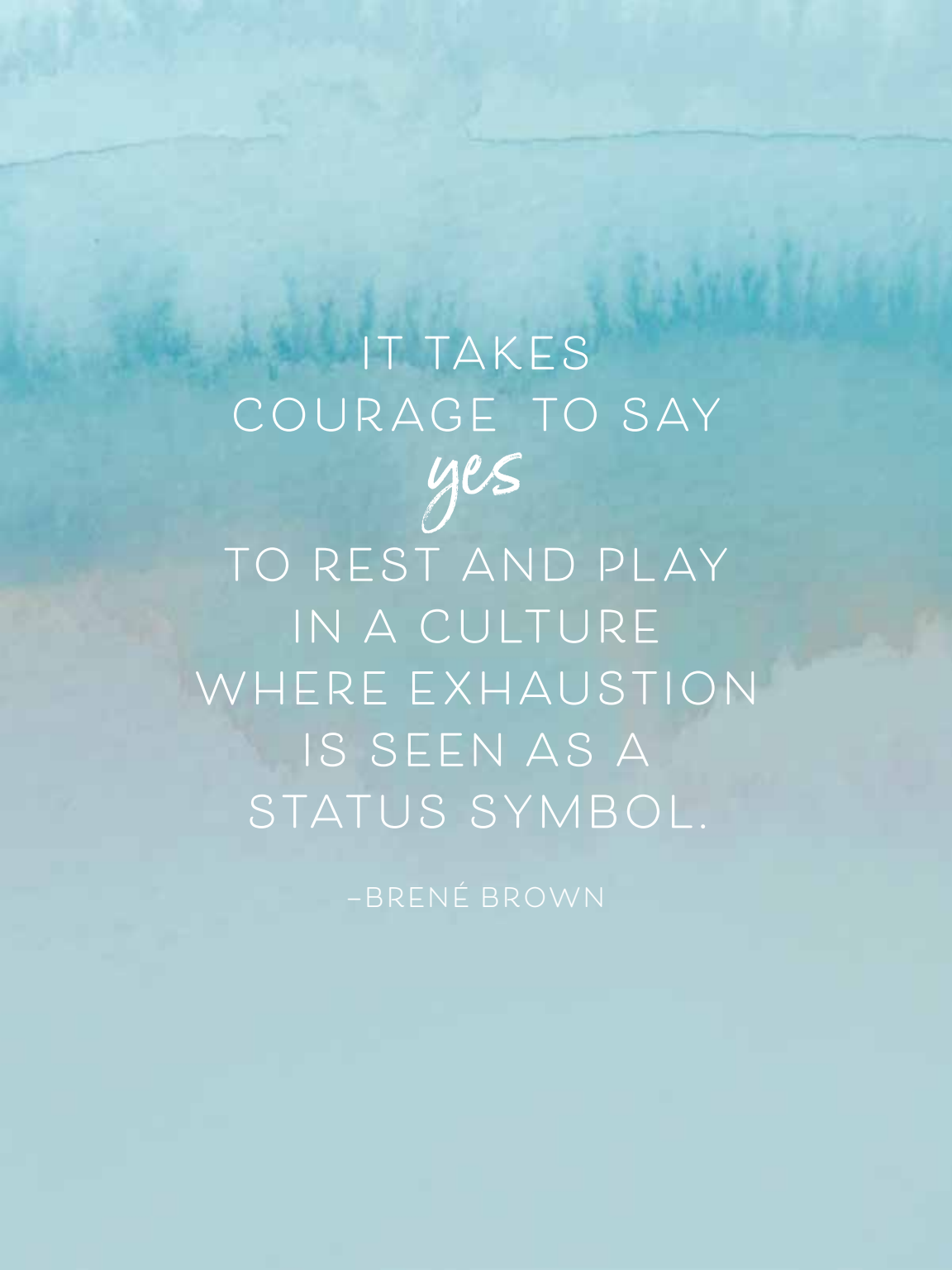
Take out a nice sheet of paper and your favorite pen. Light a candle maybe. Sit quietly and write yourself a note from your highest, most loving self. This might make you feel shy, but that's okay. Sometimes it helps me to imagine my spirit guides and angels are writing a letter to me. Just imagine the most loving and wise voice you can conjure up telling you all your wonderful qualities. And trust me, you will be amazed by what comes through.

Option #2: Write a letter to yourself from a year in the future.

Everything went exceptionally well! And the year was full of dreams come true, joyful adventures, and big love. *Who did you meet? What new experiences did you get to have? What dreams did you get to make real?* Write this letter in the past tense, as if it all unfolded beautifully. (This is a fun way to manifest all sorts of goodness in the coming year!)

When you're finished with either (or both!) letter, seal it in a self-addressed, stamped envelope (for privacy) and mail it to a friend. Someone of course who is willing to mail it back to you in a year! If you can find a buddy to do this with, you can trade envelopes and mark your calendars for a year out. Truly, it feels like a miracle when it lands in your mailbox.





IT TAKES
COURAGE TO SAY
yes
TO REST AND PLAY
IN A CULTURE
WHERE EXHAUSTION
IS SEEN AS A
STATUS SYMBOL.

-BRENÉ BROWN

15. Spine Poetry

You ready? We're going to write a poem using the titles of books as lines of verse.

1. To get warmed up, pull approximately five to eight books off your shelf and start playing with the titles as lines of poetry.
2. Now arrange them in a bunch of different ways to get the creative juices flowing. Try stacking a set by color and see how the lines interact with one another. Try going alphabetically and see what sort of story emerges. Or close your eyes and randomly grab five books off the shelf. Do you tend to overthink things? Set a timer for ten minutes and use the time constraint to motivate you.

This is creative play, so get curious and move the books around like puzzle pieces! Eventually, you will see a story or something whimsical emerging.

3. Photograph your poem! And post on social media with the hashtags #wonderseeker and #spinepoetry.

Write your spine poem.



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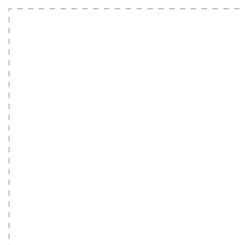
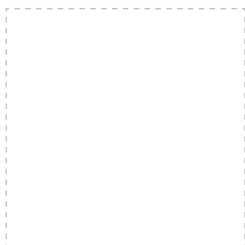
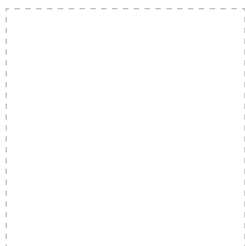
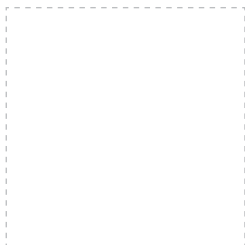
What is it trying to tell you?

20. Write a Paint-Chip Poem

Here are some simple instructions:

- Go to the hardware store and gather some paint chips. They are free! But if you feel self-conscious, you can tell the clerk what you're up to. "I'm writing paint-chip poetry!" you can say. I am always met with a curious kind of delight.
- Using the names of the colors, find words and phrases that call out to you and feel evocative and resonant. Cut those chips out.
- Arrange them in a variety of ways until they fall into poetic verses that speak to you.

Paste chips



Your poem



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21. Grow the Lexicon

HAVE YOU EVER HEARD THAT EXPRESSION “a murder of crows” or “a parliament of owls”? I just learned that these are called *collective nouns* and was excited to discover that there are hundreds of them! They are wonderfully colorful, conjure great visuals, and read like poetry. Below are some of my favorites:

A circus of puffins
A glory of unicorns
A harem of seals
A scold of jays
A shimmer of hummingbirds
A galaxy of starlets
A bloat of hippos
A sneak of weasels

Let's invent some new ones. Maybe one day, they'll end up in the lexicon!
Here are some I came up with:

A pillow fight of feathers
A carnival of toddlers
A bonanza of clovers
A wiggle of puppies
A glamour of hipsters



HERE, GIVE IT A TRY! FILL IN THE BLANKS BELOW.

A _____ OF PICKLES

A _____ OF PACKING PEANUTS

A _____ OF OCEAN WAVES

A _____ OF COFFEE BEANS

A _____ OF HUGS

A FESTIVAL OF _____

A HOWL OF _____

A SHINE OF _____

AN AWAKENING OF _____

A WONDER OF _____

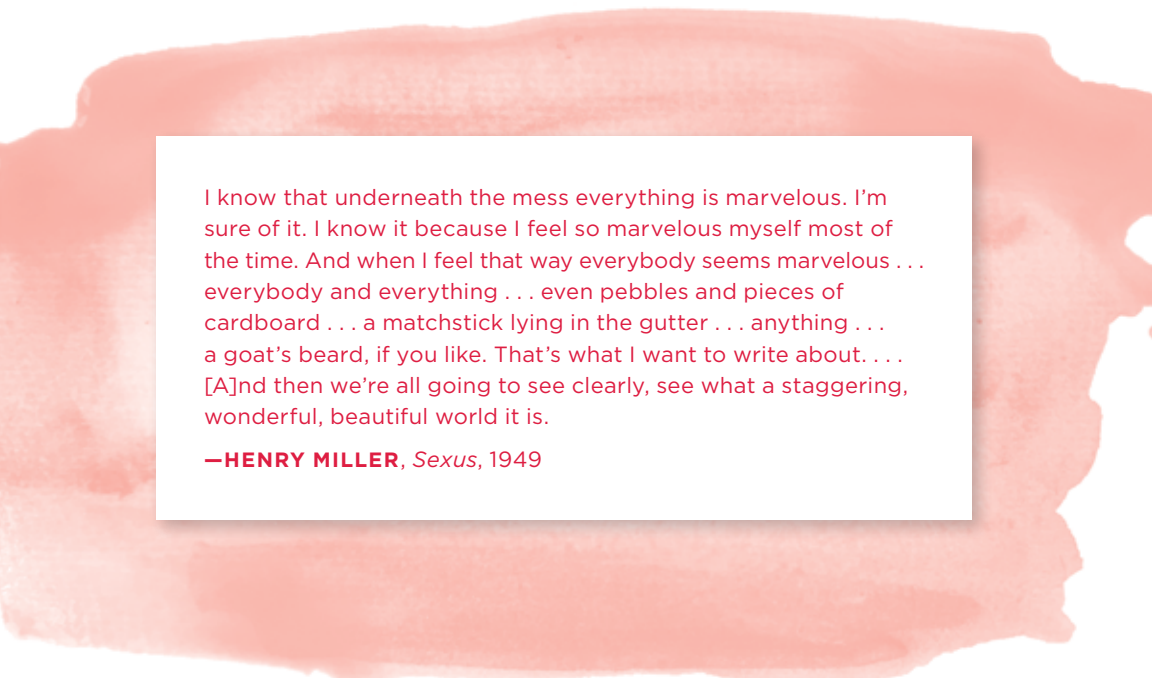
A CONSTELLATION OF _____

A WORRY OF _____

AN ENCHANTMENT OF _____

WHAT WAS YOUR FAVORITE COLLECTIVE NOUN THAT YOU CREATED?





I know that underneath the mess everything is marvelous. I'm sure of it. I know it because I feel so marvelous myself most of the time. And when I feel that way everybody seems marvelous . . . everybody and everything . . . even pebbles and pieces of cardboard . . . a matchstick lying in the gutter . . . anything . . . a goat's beard, if you like. That's what I want to write about. . . . [A]nd then we're all going to see clearly, see what a staggering, wonderful, beautiful world it is.

—HENRY MILLER, *Sexus*, 1949

29. Find Beauty in an Unlikely Place

WORKSHEET

Your Wonder List

Write down ten things you would love to see/do/experience that would put you in the way of wonder.

Think of this as your bucket list for wonder! Here are some prompts to help:

Where have you always wanted to go?

What have you always wanted to see?

What experience have you always wanted to have?

What experience might feel like magic?

HERE ARE SOME THINGS ON MY LIST:

- Experience the northern lights (aurora borealis).
- See fireflies. (I have never seen them!)
- Participate in the ancient Hindu festival called Holi where people drench each other in brightly colored powder.
- Photograph the fall leaves in New England. (I just learned this is called leaf-peeping!)
- Go on a moonlight hike at White Sands National Park.
- Witness a miracle.
- See bioluminescent algae.
- Be inside a rainbow. (Is that even possible?)

WHAT'S ON YOUR LIST:

33. Find a Gratitude Buddy

Do you want to try?

Choose someone you want to cultivate a deeper connection with (or someone you want to be in regular touch with). Send them a quick email like the one below!

To:

Subject:

Hey, friend!

I read about finding a gratitude buddy in a book called *Wonder Seeker*. I love the idea because I have always wanted to start a gratitude practice but have never been able to keep it up! I think having a gratitude buddy sounds more fun, and I thought of you.

The way it works is that we exchange a list of three simple things each day—small things that lifted us up, made us smile, or brought us joy.

No preamble or explanation required, just a simple list is enough! And if one of us forgets for a day (or two or three), there is no need to apologize. The other person just presses on and sends their list over.

I would love to do this with you! I think it will be a sweet way for us to stay connected!

[Your name]

36. Host a Gratitude Party

HERE'S HOW TO HOST A GRATITUDE PARTY:

1. Make a list of all of the people you love, who show you kindness, who make your life easier.
2. Invite them over for a Sunday brunch, a tea party, or a dinner. (Or, if that's not possible, have the party virtually!)
3. Make place cards for your guests that tell them what you appreciate about them. Be specific in how you acknowledge them.

Feeling introverted? Overwhelmed? In quarantine?

HERE ARE SOME OTHER WAYS TO DO IT:

- Have a gratitude party of one! Mark an evening (or morning) on your calendar and write handwritten notes thanking some special people in your life.
- If you're feeling more social, invite a few friends over to write thank-you notes with you! Play some music, light some candles, get some nice note-cards, and have everyone write thank-you notes to people they appreciate. If you can't gather in person, you can write side by side on a video call.

However you do it, be specific. Tell your people *exactly* what you appreciate about them. Instead of a general "Thank you for being a good friend!" You might say, "Thank you for your open heart, for listening to me without judgment, and for letting me cry on your couch." Or, "Thank you for knowing exactly what I needed during my separation and for checking in via text each day to let me know you were there."

And here's some good news: You don't need to wait until you feel grateful to begin. You don't even need to be in a good mood! Appreciating others is a way we can invite gratitude to arise in us. . . . We don't need to wait until we are bubbling over with gratitude to extend it. We can extend it and then watch our hearts fill up with gratitude.

38. Host a Storybowl

If the idea of holding a storybowl appeals to you, here are some steps to host your own.

1. Find a place to host it.

I am not a natural host. It makes me nervous, and I usually spend most of the night worrying if everyone is having a good time. For this reason, I host storybowls at other people's houses! Turns out a lot of my friends take great pleasure in hosting, so we are a good match.

You can also do this on a video-conferencing app! This eliminates the need to feed people and clean your house. Or if you are sheltered in place, you can host a safe storybowl!

2. Pick a date and time.

I have held both evening storybowls and storybowl brunches. They have both been really wonderful, so experiment and see what works best. Three hours is a great window of time to both eat and go around the circle twice. If you're on video, you might want to shorten the time frame.

3. Send out the invites.

It's great to gather a group of people who don't all know one another. Maybe you invite a few people and so does your host? This way there is a nice mix of new faces. I like to keep the circle to about five to eight people, including the hosts.

Here is a sample invitation (edit as you wish!):

Dear friend,

I'm excited to invite you to a creative gathering on *[enter date + time]*!

We will be eating a yummy meal and playing a game called storybowl, where we pass around a bowl of story prompts, and each person tells a spontaneous true story from their life based on the prompt they get.

Sounds like fun? Maybe a little scary?

Please know that this isn't about performing a great story. This is about a new way of sharing and connecting with each other. I promise it will be inspiring and delightful.

Would you like to join me? If you're a YES, just hit reply and say so! I will send you more details once I know who is coming.

With joy,

[Sign your name here]

4. Print these prompts or write your own.

The first time I hosted a storybowl, my friend and I scribbled story prompts down on ripped pieces of paper right before everyone arrived. It worked beautifully! We wrote things like: "a crime," "the worst gift," and "wise words." Since then, I have been honing in on which prompts work best and which fall a little flat.

On page 145 is a collection of prompts I have used over and over again. Feel free to use them or add your own! The trick is choosing themes that are open-ended and spark a memory. It's a way to find stories through the back door so even the storyteller is surprised by what they are sharing.

I recommend printing the prompts out on card stock so they feel more like cards and less like paper. Plus, they will last much longer!

5. Pick a bowl.

This is of course up to you. I chose a large, wide, wooden bowl that my brother-in-law made by hand. I like that the bowl is wide enough that you can swish the prompts around before you pick.

6. Open the circle.

When you're entering into sacred space, there is usually a ritual of some kind to open the circle. It might be called an icebreaker in more corporate settings . . . but in this context, it is a gentle way to get people to start sharing so that we can go deeper and create more intimacy later.

My favorite way to open the circle is to place a stack of angel cards into a bowl and have each person pick a card at random. (If you're not familiar with angel cards, they are a tiny deck of oracle cards that have one word written on each card: *vitality, joy, laughter, receptivity*, etc.)

As each person chooses a card, they share how that word resonates with something they are exploring in their life right now. Perhaps it serves as a theme or something they are working toward. Maybe it offers insight to what they are needing to call in. Whatever they want to share is perfect! (If you don't have angel cards, no problem. You can simply write words on small pieces of paper and make your own impromptu deck.)

7. The rules of the game:

Each storyteller gets two to three minutes to share. You can warn people that you will ring a bell if they need to wrap up their story soon. I always bring a vintage Fisher-Price Happy Apple chime toy. It looks very friendly, and the sound is light and pretty. Plus, it makes people laugh and invokes a sense of play.

Share the first thing that comes to mind when you read the prompt. Trust that whatever memory comes is the story that wants to be told. If you find yourself saying, "Oh no! I can't share that," that's the story that we want to hear. If you tell yourself, "That's not an interesting enough story," that's the one we want to hear!

This is not a performance. We are not trying to tell the best story in the room. This is a sharing practice, a place to connect, an opportunity to allow others to see us.

No cross talk, please. Although oohs and aahs and other signs of engagement are welcome! Just honor that the person telling the story has the floor. We want to all be the most generous listeners we can be.

Sometimes a prompt falls flat. You watch the person's face wrinkle in confusion as they search their mind for something story-worthy. Finally they declare, "I got nothin'." In this case, you can encourage the player to pass their prompt to someone else or place it back in the bowl and take another.

When things go deep, this is a good thing. This means that you are holding space in such a way that the group feels safe to let their real selves out. There are sometimes tears at storybowl. Welcome whatever shows up and know that your job is to simply stay present. Together we can hold big feelings.

Don't forget to close the circle after the last person shares a story.

1. Go around the circle and have each person share what the experience was like for them. This gives people a chance to debrief and put words to their experience—one that might have been more profound than you realized.
2. Go around and have each person share one word that describes how they feel now (e.g., *connected*, *full-hearted*, *open*, *joyful*). This is a simple (and quick!) way to acknowledge what impact the storybowl had on them without going into too much explanation.
3. Offer a heartfelt thank-you to everyone for showing up and sharing with the group. Acknowledge the courage it takes to show up and be seen and how honored you were to catch their stories.

If all that sounds like way too much, simply cut out your favorite prompts and put them in a bowl (or a jar) to use with your family as conversation starters. My kids and I love to do this at the dinner table!

Cut out and use!

AN ANIMAL ENCOUNTER	HOW WE MET	GHOST STORY	A SCANDAL
THE WISEST WORDS	THE WORST GIFT	A STORY OF SERENDIPITY	THE WORST JOB
A PLACE YOU USED TO LOVE TO GO	SOMETHING YOU LOST	SOMETHING YOU FOUND	YOUR SUPERPOWER
A FOOD STORY	A LOVE STORY	WORST PARTY EVER	A TIME WHEN YOU SHOULD HAVE SAID NO
A TIME WHEN YOU SHOULD HAVE SAID YES	SOMETHING YOU USED TO KNOW HOW TO DO	MEETING MY HERO	BETWEEN WORLDS
A STORY ABOUT A NAME (YOURS OR SOMEONE ELSE'S)	CELEBRITY SIGHTING	SOMETHING YOU REALLY WANTED AND FINALLY GOT	A TIME WHEN YOU SURPRISED YOURSELF
A FIRST	A STORY OF MISCHIEF	A BAD TRIP	A TIME YOU GOT INTO TROUBLE
A SUPERNATURAL EXPERIENCE	SOMETHING YOU USED TO BELIEVE	A BLESSING IN DISGUISE	A FIRST KISS
THE KINDEST THING ANYONE HAS EVER DONE FOR YOU	A MOMENT OF WONDER	A TIME WHEN YOU GOT CAUGHT	A STRANGER

SUCCESS OR FAILURE:
THE TRUTH OF A LIFE
REALLY HAS LITTLE TO
DO WITH ITS QUALITY.
THE QUALITY OF LIFE
IS IN PROPORTION,
ALWAYS, TO THE
CAPACITY FOR DELIGHT.
THE CAPACITY FOR
DELIGHT IS THE GIFT OF
paying attention.

—JULIA CAMERON

39. Make a Wish Tree

Here's how we did it:

1. Get some shipping tags from the office supply store. I recommend getting the ones that already have the string attached so people can use those to tie the tag to the tree themselves.
2. Make a sign that reads, "Make a wish!" You can use anything sturdy, like a thick poster board or a canvas. It will get a bit tattered in the weather as time goes on, but that's okay. You could also hang up a clipboard like my friend Nicole did on her tree in Portland, Oregon.
3. The shipping tags we purchased came in a plastic box that we duct-taped to the tree. This way, the tags were shielded from rain and we could put markers right inside the plastic box. If you don't find tags with a plastic box, you can fashion your own. You will just need a vessel that will keep the tags and markers dry.
4. Make a few wishes yourself to get the magic started!

40. Leave a Love Note in a Public Place

Cut out and use!

You are lovable.

You can trust
your intuition.

It's not too
late for you.

Support is all
around you.

Let it be simple.

The answer is yes.

What makes you
come alive?

This is not the end
of the story.

You can begin again.

You have everything
you need to begin.

What tiny, brave step
could you take today?

Everything is going
to be okay.

Your longings are
divine, listen closely.

It's okay to ask for
what you want.

The world needs
your gifts.

What if there's nothing
to fix about you?

Don't wait for
a better day.

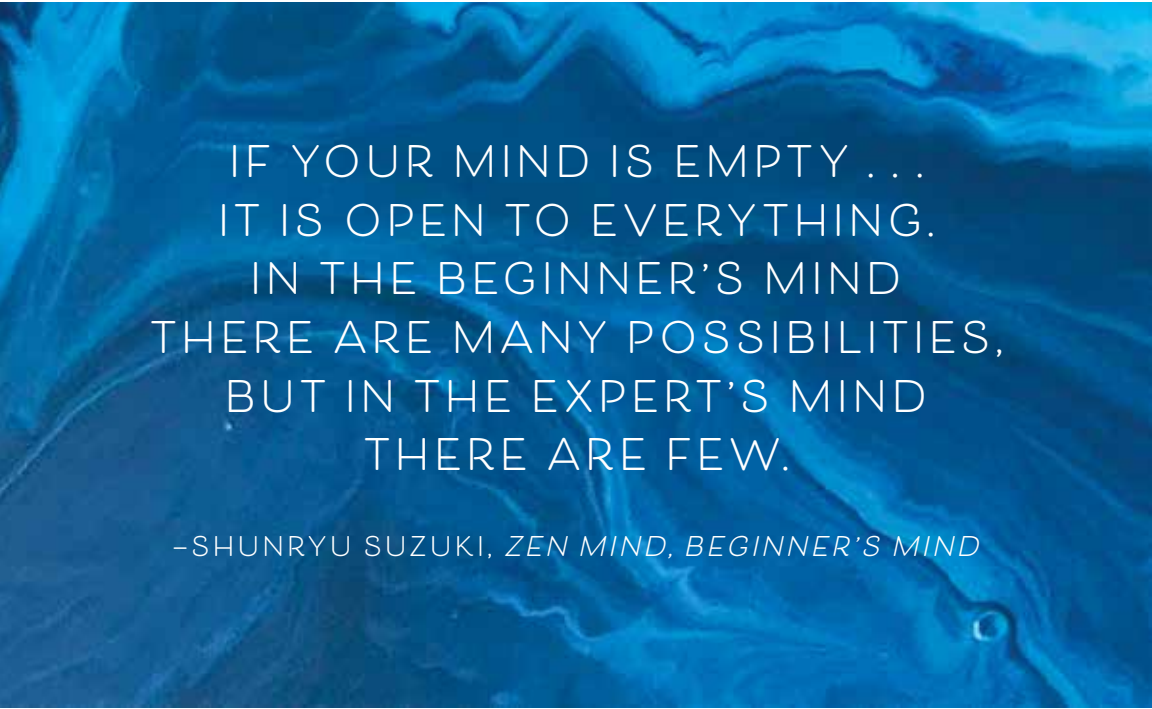
We are all rooting
for you.

Write your own

THE OBJECT
ISN'T TO MAKE ART,
IT'S TO BE IN THAT
WONDERFUL STATE
WHICH MAKES ART
inevitable.

—ROBERT HENRI, *THE ART SPIRIT*





IF YOUR MIND IS EMPTY ...
IT IS OPEN TO EVERYTHING.
IN THE BEGINNER'S MIND
THERE ARE MANY POSSIBILITIES,
BUT IN THE EXPERT'S MIND
THERE ARE FEW.

-SHUNRYU SUZUKI, *ZEN MIND, BEGINNER'S MIND*

51. Make a Blessing Stick

Here's what you'll need:

- Strips of fabric (I ordered recycled sari ribbon online and they are beyond gorgeous). You can also use yarn or other types of ribbon.
- Sticks! You can use driftwood, bamboo, twigs, and sticks you find out in nature, dowels, or big (twelve-inch, non-food-grade) cinnamon sticks.
- Scissors (for cutting the fabric).

How to make a blessing stick:

- This is where you really just follow your intuition and trust the process. Find pieces of fabric and colors that delight you. Cut pieces that are long enough to wrap at least once around the stick or wrap a longer piece several times around the stick. Then tie a little knot to secure it.
- No need to cut off the ends of the ribbon—I love how they create a fun texture when they are sticking out—but you might also want to tuck the ends underneath the ribbon next to it for a cleaner look.
- While you are wrapping the stick with beautiful bits of color, think about the person you are making it for, which might be you! Think about all that you want to bless this person with—*joy, love and partnership, adventures in nature*—and consider all that you appreciate about them. This will infuse the stick with blessings and let the person know how loved they are.

ATTENTION IS THE
DOORWAY TO
gratitude,
THE DOORWAY
TO WONDER,
THE DOORWAY
TO RECIPROCITY.

—ROBIN WALL KIMMERER