

SAMPLE CURIOSITY EMAIL 1

Thank you for joining us on this journey to find new solutions and new ideas that help us create the world in which we most want to live.

We will be offering a few more emails this week for you to enjoy and to experience the benefits of the Daily Curiosity Practice.

For today's practice, please think of a project or process that feels big/overwhelming. Now read the question on the card out loud and see how it makes you feel. What do you feel in your body when you ask it? Where in your body do you feel it?

Take a moment to write down any thoughts you get when you read the question out loud.

To go deeper, say one or all of these follow-up questions and write down your thoughts/reactions (try not to audit your response – just write whatever comes up; it doesn't have to make sense):

1. If I knew the best next step to take, it would be ...
2. What if I celebrate every small step I take toward my goal? What would that look like? What could I celebrate right now?
3. I'm so grateful I get to do this project because...
4. I remember another time when I completed a big/overwhelming project. My favorite part of that process was.....I can learn from that project and use it in this project in this way.....

To add connection (choose one or both):

1. Send a quick thank you note (email, text, etc.) to someone who has helped you accomplish a goal or complete a project recently.
2. Reach out to someone and invite them to discuss the card and question. Share any of your answers to the questions. Listen deeply to each other's responses.

Reach out to Jennifer with any questions or comments or to share your thoughts on today's practice. You can reach her at jennifer@whatifwellness.net or via text at 315.719.9053

P.S. If you would like some tips on how to find peace in challenging times, you can visit Jennifer's YouTube channel and check out the six videos of her Electing Peace series from the six days prior to the 2020 election. Here's the link for Day 1 of the series: <https://youtu.be/dTBIMNEk8NY>

