

# THE PAGE OF THINGS LEFT BEHIND

**A BELIEF:**

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**AN OPINION:**

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**A PERSON:**

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**A SITUATION:**

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**A HABIT:**

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**A PLACE:**

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**AN OBJECT:**

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**A COMFORT:**

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**A BOOK:**

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**AN IDEA:**

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**A (PRE)OCCUPATION:**

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**A TIME:**

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**A CIRCLE:**

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**A MEMORY:**

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**A FEAR:**

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**ANOTHER THING:**

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## PROMPTS

1. What have you left behind?
2. How do you know when you've left something behind?
3. Did you leave them behind willingly or unwillingly?
4. Did you leave them or did they leave you?
5. Is there a pattern to the things you've left behind?
6. Why was it necessary to leave these things behind?
7. In mythology, it's common for fleeing heroes to drop things behind them to slow down their pursuers. Who or what is pursuing you and how do your "leavings" help you evade them?
8. How may your "leavings" pave the way for future heroes?
9. What do you still want to leave behind?
10. What creates resistance to leaving something behind?
11. How do you know when it's time to leave something behind?
12. How do you feel after you leave behind something that you've carried for a long time?
13. What happens to the space left behind after the thing you leave behind has left?
14. What is the afterlife of the thing left behind?
15. Do you miss any of the things you've left behind?
16. How do you mourn or celebrate what you've left behind?
17. Many religions celebrate an annual ritual of letting go, or sacrifice. How does this process help you connect to the sacred and divine?