

LIT PLAYBOOK: ILLUMINATION

What is a LIT woman to me? What is the LIT version of myself?

How does she wake up? What are her 1st thoughts? What is her posture? What does she do? Self-care/movement/fun? How does she speak & interact? What does she wear/eat? What does she do when she's tired/cranky? How does she deal with setbacks/annoyances/bad days?

What are some JUDGMENTS I notice having around being LIT?

What are some FEARS I notice having around being LIT?

Where do I DIM or HIDE my light?

What DRAINS my light/energy? Thoughts / habits / behaviors / activities / people / places / conversations

What DISTRACTS me from my light?

Where do I feel FROZEN or cut off from my warmth or passion?

I what ways am I waiting to be SEEN by others that I must first see myself? Where am I waiting for permission to SHINE?

What lights me up? When do I remember being most lit up?

Where do I feel most LIT or alive in my life right now, even if it's just a small flicker?

What does the LIT version of me to remember today?
