

PART TWO · ON THE PAGE

# What To Notice Today

*Don't analyze. Just name what's true. The first answer is usually the honest one.*

*i.*

When in your day do you feel most like yourself? When do you feel most like you're performing? *Just name the moments.*

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*ii.*

Finish this sentence without thinking too hard:

*The version of me other people get is...*

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*iii.*

Where in your body do you feel the gap between what you feel and what you show? *Don't think about it. Just notice where your body holds it.*

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