Day Thirteen Activity:

Go big, feral, or greedy.

It's helpful to separate imagining from decision-making. For this exercise, **give yourself permission to dream a little without feeling like you need to make any choices** just yet. Imagine waking up tomorrow and deciding to go big, go feral, or go greedy. Choose whichever one you're most drawn to.

What would a typical day look like? What would you do differently? What would you let go of? What would you make more time for? How might you feel?

It might be helpful to think through multiple stages of what would happen. For instance, maybe when you first go big in asking for help, you'll feel embarrassed. That's okay, but you should also consider how you'll feel after you're done asking for help and the person has said yes.

Or, maybe quitting your job would feel really good, but you should also consider that you wouldn't have any way to pay your bills. In that case, you might need a different way to go big, or at least wait to quit your job until you have something else lined up.

Try to imagine specific moments throughout your day, including both the exciting and uncomfortable parts. What might change as a result?

Once you've pictured your day, ask yourself: ***Do I want this? Would this be good for me?***

If not, that's okay. You can explore a different option. But if the idea feels freeing or life-giving, perhaps you can try a little of it tomorrow.

Day Thirteen Activity:

Go big, feral, or greedy.

Use the space below to write out what your imagined day might look like.