

This image shows a full page of handwriting practice paper. It features multiple sets of horizontal lines designed to guide letter formation. Each set consists of three lines: a solid top line, a dashed middle line, and a solid bottom line. These sets are repeated vertically down the entire page, providing ample space for practicing consistent letter height and placement. The paper is otherwise blank, with no margins or additional markings.

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- A. Teach: Prayer is simply the act of speaking to the divine. It's really about two things: saying "please" and saying "thank you." The art of asking (saying "please") is the art of being humble enough, vulnerable enough, and clear enough to hand yourself over to something bigger than yourself.
- B. Coach: Discuss and collaborate ideas to help them to create a prayer practice.
- C. Coach: Notice if there is any resistance. This might be an opportunity to do Thought Inquiry or Shadow work.
5. CREATIVITY.
- A. Teach: Creativity is the way we engage in play with the divine. This type of creativity requires an intrinsic practice of speaking to the divine (prayer) and listening to the divine (meditation). Through this conversation, inspiration is born. Creativity is a way to humbly and joyfully play with inspiration, a way to play with the power of creation. Your soul loves creativity, it loves playing with that magic, it loves riding the wave of ideas and bringing forth new things into being. Through a practice of creativity, our souls thrive.
- B. Teach: Creativity doesn't mean that you need to become a poet, or a painter, or a pianist. Instead, it is a divinely inspired way of coming to life itself. To see every act as a creative act, to infuse your life with beauty whether you're making a meal, posting on social media, cleaning

your home, writing a note to someone,
or setting out to follow your Big Dream.

- C. Coach: Discuss and collaborate ideas to
help them to create a creativity practice.
- D. Coach: Notice if there is any resistance.
This might be an opportunity to do
Thought Inquiry or Shadow work.
