

My Favorite Place

MEANING MAKING NO.2

Imagine a place, either one you have been to or dream of being at. This is your favorite place to be, the one that makes you feel happy and joyous, comfortable and safe. The one that when you are there you are present with your whole being - mind, body, and spirit. The one that you know once you leave you will be eager to be back. As you think about this special place, describe the following:

Where are you?

Is anyone with you?

What are you there to do?

How long will you be there?

What do you hear?

What do you smell?

What do you see?

What are you doing?

How are you feeling?

How do you feel in your body?

What is it about this place that you like so much?

What thoughts come to mind while you are there?

