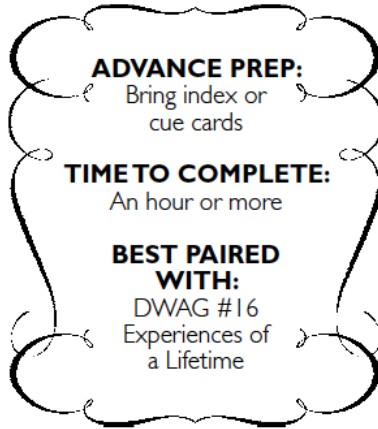


Take Your Cue



I don't believe people are looking for the meaning of life as much as they are looking for the experience of being alive. —Joseph Campbell

To feel alive we need to be ourselves, to align our lives with the things we love. *Take Your Cue* is about letting go and finding the place inside you where there is joy. To *Take Your Cue*, simply take a stack of cue cards (also known as recipe or index cards) and write “I LOVE...” at the top in big bold capital letters. Fill in the rest of the card with whatever comes to mind, one idea per card. Filling out the first few cards may feel wobbly yet strangely exhilarating and familiar, like riding a bicycle for the first time in many years, but keep at it. Eventually the inner voice that keeps repeating that you don't know what you love will get tired, allowing your true self to move your hand. It usually takes the inner voice ten minutes or so to become hoarse, so be sure to *Take Your Cue* for at least thirty minutes.

After thirty minutes take a breather. Have a glass of wine with your girlfriends and talk about a few of your favorite things. When you're refreshed and ready, go back to your cue cards and put them into piles that seem to go together. There are no right or wrong ways to categorize your cue cards. Themes in your life

will begin to emerge, and there may be an *ah-ha* moment for you.

The benefits of *Take Your Cue* are two-fold: first, you will be filled with gratitude for all of the things you LOVE in your life and second, you will see what you LOVE that you don't have in your life or don't have in sufficient quantities.

Take Your Cue is a great way to limber up for *Experiences of a Lifetime* (DWAG #16).



Lynne's Giggles

Would you believe me if I told you that Take Your Cue changed my life?

I had two business degrees and a job forecasting pharmaceuticals, but none of my cue cards professed a love of numbers or a passion for the artistry of corporate mission statements. However my cards did spill over with the love of all arts, women's causes and minimalist design. The cards prompted me to pursue an English degree part-time, study creative writing and acting, volunteer at a women's shelter and throw out a whole bunch of stuff. Almost immediately those cards began to cue me that I must somehow quit my numerical day job.

LOVE in capital letters is a powerful thing.



Deb's Giggles

I still have my cue cards from when we did this exercise several years ago and the results still ring true today of the things I LOVE. After putting my cue cards into piles that went together, writing an objective for each pile seemed to be the next logical step. For example, I had many cards related to how much I LOVE the outdoors and many cards on my LOVE for physical fitness and exercise. Therefore I decided that one of my objectives would be to train for and run in a marathon, which I did in December 2006 on Kiawah Island in South Carolina.

Who would have thought that a simple stack of cards would become the springboard I needed to improve my health and well-being?



Julie's Giggles

The most difficult part of Take Your Cue for me was waiting for the thoughts and feelings of what I LOVE to start to flow. The obvious ones came quickly, such as family, friends and health. But I waited, was patient, and the rest flowed like the tears of a good cry. I discovered I really like to do things with my hands, like when I made curtains for my daughter's room or fixed things around the house. Learning is very important to me, as is adding value through my work. I left the activity feeling refreshed and in touch with myself.