Activity #33
My Journey of Becoming

✓ writing & storytelling

Prompt:

Your life is not a straight line—it's a spiral of lived experiences, layered with wisdom, struggle, growth, and rediscovery. Each loop of the spiral represents a moment in your story, and together they form a journey of becoming.

In this activity, you will use the spiral to tell a layered story from your life—a story that changed you, shaped you, or continues to live within you. Rather than starting at "the beginning" and moving to an "end," this spiral structure invites you to circle through memories, patterns, and meaning from a more spacious, healing lens.

This is not about writing a perfect story—it's about honoring the nonlinear, evolving nature of your truth.

Create:

Storytelling:

Step 1: Choose a Story

Close your eyes and think of a moment, relationship, challenge, or lesson that has traveled with you over time. It could be:

- A story of personal transformation
- A painful loss or ending
- A story of resilience
- A journey of healing or letting go

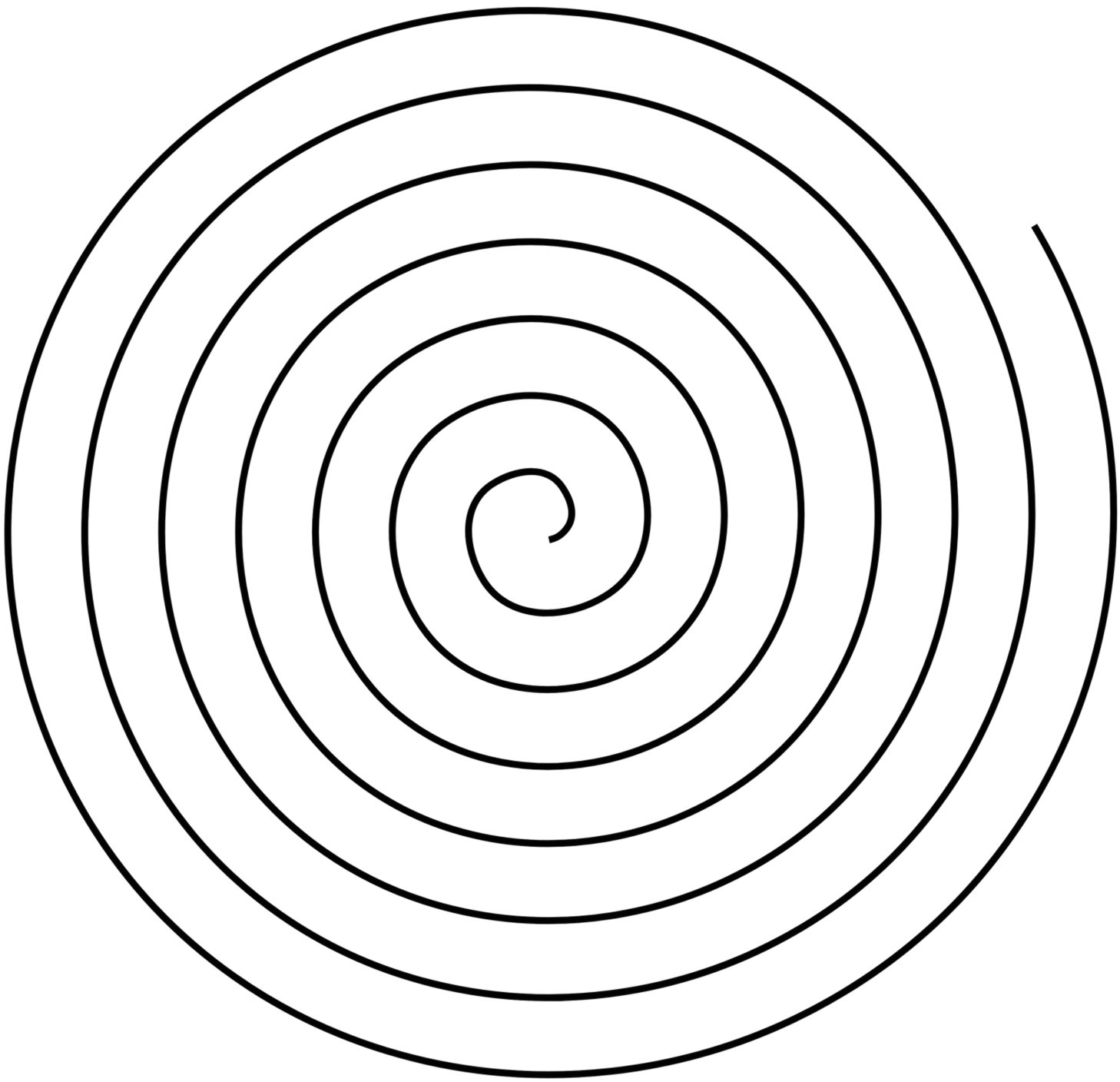
Let it be something that has layers—something you've thought about more than once, that perhaps changed meaning as you grew.

Step 2: Spiral Your Story

On the provided spiral page, begin your writing:

- You can start in the center and spiral outward, or from the outside and spiral inward—whichever feels most symbolic of your journey.
- Each curve of the spiral represents a layer of the story:
  - The facts (what happened)
  - The feelings (what you felt at the time)
  - The meaning (what you told yourself about it)
  - The change (how it lives in you now)

There is no "right" order. Let each layer flow as it wants.



Final Reflection:

Write a sentence - or a title - that captures the essence of your journey. This can be:

- A new truth - A release - A lesson - A self-compassionate phrase