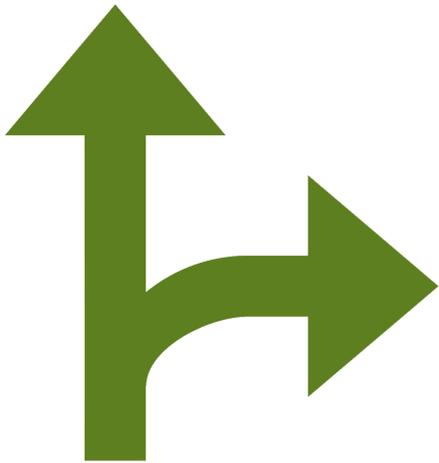




PATHS NOT TAKEN

Hone your speculative writing skills while deepening your self-understanding.



Feedback on this exercise? E-mail me at hello@rose-prose.com

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make notes

Start by mapping out your major life events. You can do this by just making a bullet-point list or you can create a long timeline for a more visual exploration. Go into as much detail as you like.

reflect

Review your timeline and pick out an important event where you made a decision that took you in a new direction. Imagine you had made a different decision at that juncture. What could your life have been like?

write

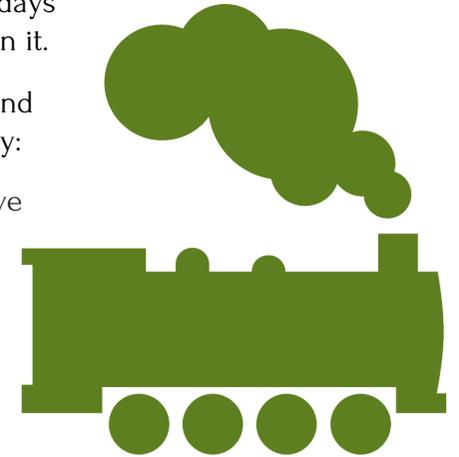
Write a story about this alternative life.

Put your story away for at least a few days to let your subconscious work away on it.

reflect

When you take out your story again and read it, reflect on this alternate journey:

- How do you react to this speculative story? What feelings arise?
- What does this tell you about your values, wishes, and fears?
- What are you curious about?



go further

Now think of a potential fork in the road for you today. Imagine the various paths that could branch off the one you're on right now. Make some bullet point notes on where the different paths could take you. Choose a couple of what you think are the most likely paths, and once again, put your speculative writer's hat on. Write an imagined story from your life five years in the future on each of these paths. Now reflect:

- How does each story make you feel?
- What does this tell you about your values, dreams, and fears at this juncture in your journey?
- What are you curious about?
- What do you want to know more about? How will you find this out?
- What steps might you want to take next?