

Possibility Writing

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(Revised: 31. August 2011 by Clinton Callahan)

FORMAT:

Group writing process
Duration: 30 minutes

PURPOSE:

SETUP:

Group sits in a big circle.

INTRO / BACKGROUND:

INSTRUCTIONS / PROCEDURE:

- Write down why you are here on Earth. Write before you think. (5 minutes)
- Now write down what hinders you to follow your destiny. What do you need, or what would have to happen so that you can do it? I will read a number of questions and you write down your answers immediately:
- If we knew what happened here, we would not be here. The lab is about bringing your life to life. All the answers and things you wrote down might be splints.

DEBRIEF:

Ask the participants to share about their experience.