

Date: _____ Location of writing: _____

Leap High and Land with a Bang

Today is a day for leaping high and landing with a big bang. It is a day for making the biggest impact and drawing attention to yourself. Fun, right? Well, maybe not for all of us. We introverts tend to fly under the radar. We stay swimming in the school of mobula rays, rather than wanting to extend the energy to break through the surface tension into the sky. Sticking close to the school is *not* a bad thing (by no means!), but isn't it nice to bust a move every now and then and land with a big bang?

- Today, my tremendous leap is going to be

- I know I can make this leap because

Date: _____ Location of writing: _____

- It felt great to make my leap today because this is what happened as a result of it:

My Takeaway

. . . what I learned about me and about life, what I gave to others, what enriched my life, what I would like to give back, what I attracted, how it shaped my day's view of tomorrow . . . your takeaway is about you and how your life grew as a result of leaping high and trying something new or something a little bit differently. Write, draw, or cartoon your takeaway in the box below:

Life is a lively event. Leap high, land with a bang, and be happy.