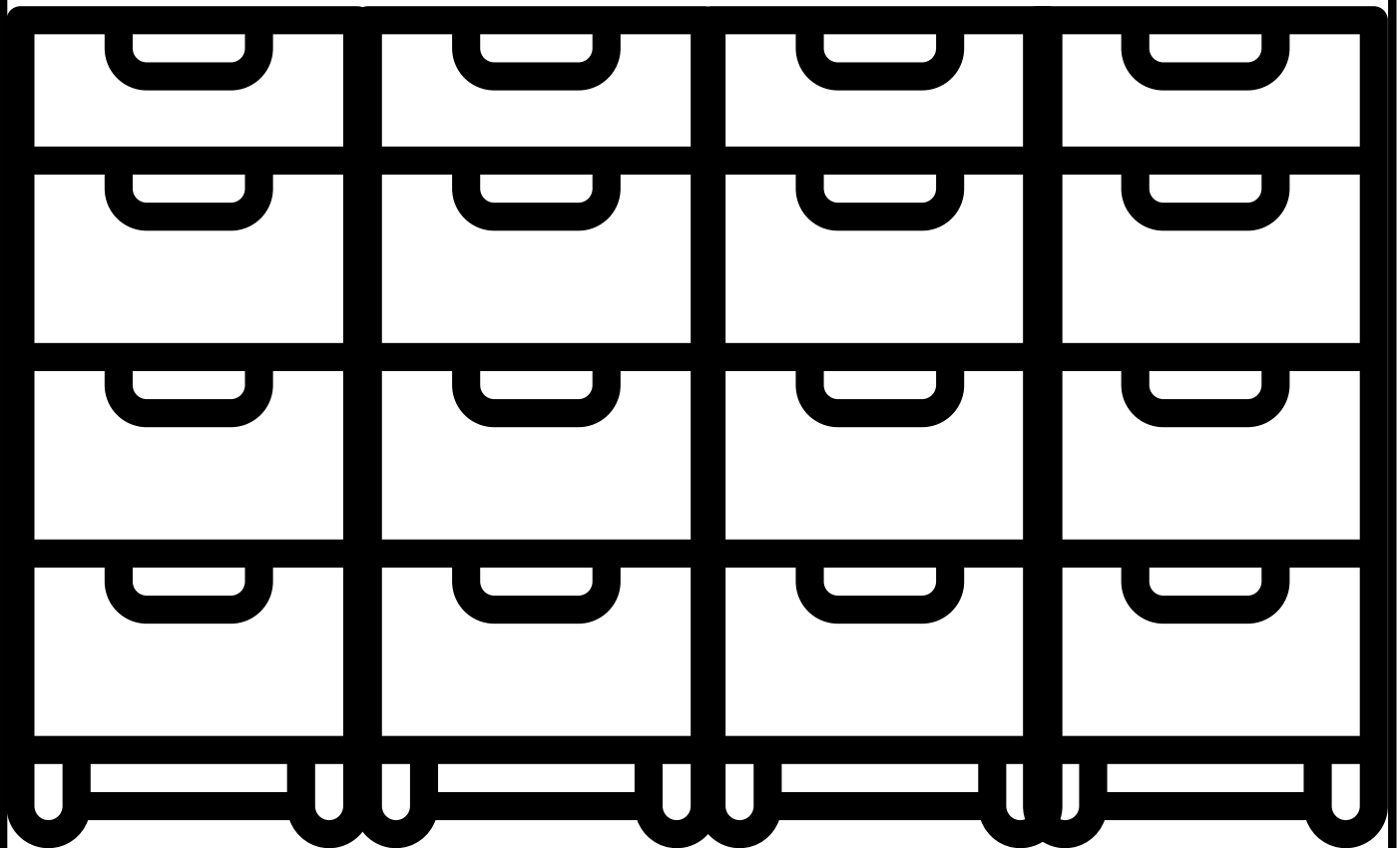


The Dresser Method

Journaling for Perspective

1. Think about your life in phases.
2. Fill in the first few drawers with big phases you remember in childhood. Just a title to describe the phase.
3. Fill in the next few drawers with other big chapters of adulthood.
4. Name the phase you are in right now. (Be sure to leave the last few drawers blank.)
5. Write in the handle of each drawer how many years you were in that phase of life.
6. Now sit back and look at your crazy, beautiful, unique life.
7. Fill in the last few drawers with what you want them to be. The sky is the limit. Dream big. Be greedy. Have fun.



TORIE BRAME

Navigating Invisible Illnesses Together