



Kaleidoscoping—Lessons to be learned about life changes through a kaleidoscope.

- ◆ Something new and lovely awaits me at every turn.
- ◆ Nothing stays the same, but change can be exciting and beautiful.
- ◆ Only movement can create awe-inspiring change.
- ◆ Wonderment is a marvelous thing.
- ◆ If I stay in the moment, opportunity lost is always replaced with an opportunity found.

Watch to center and clear, and then complete this worksheet. Consider your current situation (CS). Write down a sentence to describe it. Now give your mind a gentle twist, write down a different, beautiful new perspective...now you're Kaleidoscoping! (KS)

1. CS: I don't think I will ever love like this again.

KS: If I hadn't had this relationship, I'd never know how deep I am able to love.

2. CS:

KS:

3. CS:

KS:

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4. CS:

KS: