**The River of Your Life**

Exploration:

* Look back over the “river” of your life. In your mind’s eye, fly over the river of your life. Follow it from its source, from your birth, and along it’s of your life up to this point. Where did it flow smoothly? Where were there rapids and rough water? What was going on outwardly- moves, changes, losses, relationships? What was going on inwardly? What were your fears, your struggles, your joys?
* Draw or sketch this “river” of your life. Jot down notes for portions of the river that represent smooth and rough waters.
* Continue your drawing to extend the river of your life into the future- 5, 10, 20 years ahead. What rapids might your encounter? At what points will the river be smooth and calm?

Toward Public Writing:

* Review the River of your Life. Choose one point of your river to write about in detail. Explain the situation and how it affected you. Was the moment smooth and calm or rough and choppy? Were there lessons learned from this portion of the river of your life? How have you brought those lessons with you into the future?
* Look at your projections for the future along your river. How might that moment affect your future goals and dreams? Did it better prepare you? Make you more cautious or cynical? Discuss the connection between the past moment from the river of your life and your future.