



A COMPANION GUIDE TO

*drawing from the well*

# MAKING SPACE FOR YOURSELF

We hope that this workbook can serve as a guide  
for you as you make your way through the  
Drawing From the Well: Making Space for Yourself book.

Take your time with this material, and enjoy the process.



# THE FIRST STEP?

Think of yourself as a child:

How did you spend your time?

Riding your bike?

Digging in the dirt?

Playing doctor, or teacher, or preacher?

Did you like to put things together?

Or perhaps you preferred to take them apart?

Did you prefer school time? Or were you more of a recess kind of kid?

## SPACE FOR REFLECTION:

Set a timer for 10 minutes and write about yourself as a child.

## GUIDELINES:

Keep your pen to the paper and continue to write for the whole 10 minutes.

This is a free writing exercise, so no editing, no thinking, no going back to something you already wrote, just keep writing. If you can't think of what to write, than just write the same thing over and over again until your writing flow returns. When the 10 minute timer goes off, put the pen down. This exercise is intended to free you up, so your unconscious, free-spirited being within has a chance to express itself.

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## SHARE SPACE:

If you feel comfortable doing so, take what you've written and share it with a trusted friend. Invite them to do the exercise too and talk about what came up for each of you.

Looking back on what you wrote in the previous exercise, what was something that really stood out to you? Was there something that made you smile just thinking about it?

## REFLECTION SPACE:

Listen to the recording on the website or guide yourself through this self reflection exercise.

*Find a quiet space where you can sit or lie down comfortably for 10 minutes. Settle into your body. Feel the support of the chair or floor beneath you. Take a deep breath and let it out. Relax your feet, calves, knees, and legs, feeling them grow heavy and soft. Relax your hips and pelvis. Feel your belly becoming soft as your breath moves in and out of your lungs. Feel your back and spine relaxing and softening. Feel that sensation move down your arms and into your hands. Let go of any tension in your neck and jaw. Relax your face and all the tiny muscles around your eyes.*

*When you feel calm and settled, bring to mind anything that stood out to you in the previous exercise. Was there something that reminded you of what brings you joy, happiness or a sense of fulfillment or accomplishment? Feel yourself in that moment, as a child. What does it feel like in your body? Be curious for a moment. What's there? Is there warmth, tingling, a sense of excitement or sadness? Is there a sense of expansion or contraction somewhere in your body? Try to be present with whatever you're feeling. You may choose to just be present with this experience as it is or, if it feels right for you, you can imagine that feeling spreading throughout your body with each inhalation and exhalation. Imagine it filling your chest and back, your legs and feet. Feel it flowing into your arms and hands. Imagine it healing, nurturing and gently holding you with great tenderness and compassion.*

## REST IN THIS FEELING FOR A WHILE.

When you feel ready, thank your wise child self for reminding you of what it feels like to be truly yourself. Know that you live within a kind and compassionate embrace. And that this place of belonging and acceptance is your home.

Gently wiggle your toes, open and close your hands, and give yourself a nice stretch. When you're ready, open your eyes, bringing the memory of your experience with you into the rest of your day.

Our little kid selves know what it's like doing something for the sheer joy of doing it. It can be something that becomes more difficult as we get older. Sometimes we can lose touch with what makes us who we are. It's completely OK if you couldn't tap into that essential place of joy and acceptance in the previous exercise. Be gentle with yourself. Try it again at some other time.

If you look on page 12 of *Drawing From the Well: Making Space for Yourself*, you will see an image of a wolf in tune with its true nature. At some point in our lives we are criticized or scolded for doing something that someone else thinks we shouldn't do. It happens to all of us!

Sometimes, that memory can leave a mark and cause us to change how we act. That interaction could have happened when we were five years old, or it could've happened today.

Think about a time when somebody's expectations made you act differently than who you really are. How did that feel?

## REFLECTION SPACE:

Take a few minutes to reflect on that memory or experience. You can write about it, as we did in the previous exercise. You can talk about it with a trusted friend or partner.

Or, you can stand up and tune into your body. When you reflect on that experience what shape does your body make? Does your head drop? Do you slouch? What does your belly feel like? Is there restriction or tension anywhere? The details of the memory or event are not as important as the feeling it stirs in your body. Be curious and open. I know, it may feel uncomfortable, but try to be present with it. Honor the feeling with your intention and time.

Okay, now I'm going to ask you to do something that sounds pretty corny. But I want you to try it anyway. No one is watching. This is just for you.

Stand in front of the mirror, look yourself in the eye, and do a superhero pose.

Spread your feet out in a wide stance, stand up straight, and put your hands on your hips. Puff your chest out, lift your chin up, and say:

I AM MY OWN PERSON.  
I AM BEAUTIFUL.  
I CAN STAND UP FOR MYSELF.  
IT'S TIME TO SHINE!

Do this three times. Feel the energy of joy that your little kid self showed you grow with each repetition. Feel your body and spirit get stronger and stronger each time.

## EXTRA CREDIT:

Do this exercise every day for a week and see how you feel.

# A LITTLE CEREMONY

I want to walk you through how to make an offering.

OFFERING: (NOUN) 1. A GIFT OR CONTRIBUTION.

I invite you to honor that sense of joy by giving a gift to your kid self. This could mean watching a cartoon you used to like, preparing a meal your kid self might enjoy, or doing an activity that just makes you happy. You may also choose to make something like a drawing, a picture book, or sing some songs for this part of yourself. Whatever you choose to do, make sure you're doing it for the pure joy of it.

You may also choose to find or create an object to serve as a representation of something that you feel is getting in the way of you making your special and unique offering to the world. This object or representation can be something you write or draw, or a stone or button.

First, thank the obstacle, whatever it is, for being in your life, and for serving as an opportunity for growth. You may not know why you carry this resistance within you, or you may indeed know! But it was put there for a good reason. It was put there to help or protect you. So, say thank you. Visualize the obstacle transferring to the physical item that you have chosen. Then take that item and put it somewhere in nature. You can put it under a tree, in a river or pond, you can toss it in a bonfire! Do what feels right for you. As you make an offering in the form of this intentional action remember these words:

By being open and honest with myself and with others, my  
beauty, uniqueness, and special qualities will begin to unfold.



just remember to shine.