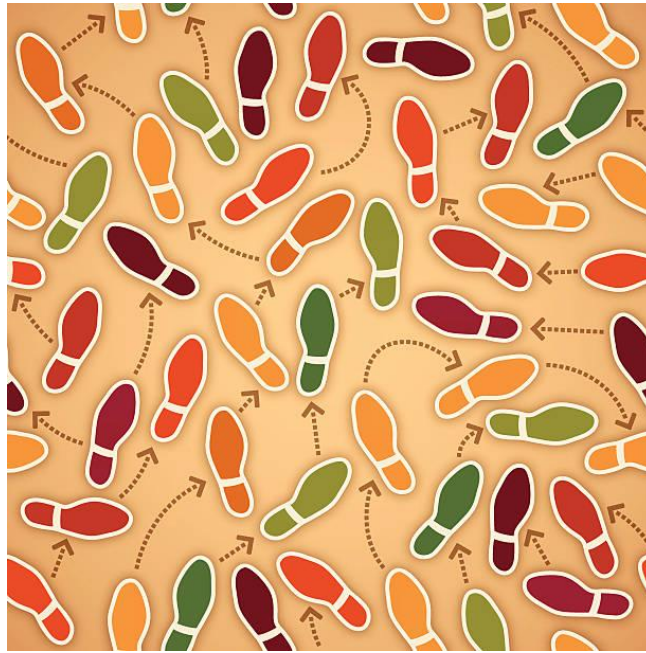


Dance



- The dance of life is not about learning a set of steps or moves, but having a sense of rhythm or flow in your life.
- Which parts of your life are you comfortable with? What plays to your skills and experience? Which steps comes naturally to you?
- Who – or what – keeps you in step with the dance of life? Who encourages you or accompanies you? What habits or patterns help you keep your rhythm and sense of joy?
- Is there anything that causes you to miss a beat? Maybe tiredness or busyness? Is there anything you can do about this?
- What new steps are you being asked to learn this year? Are you being stretched in new directions? Are there new experiences to embrace?

‘Dance is your pulse, your heartbeat, your breathing. It’s the rhythm of your life.’ Jacques d’Amboise

‘Life isn’t about waiting for the storm to pass. It’s learning to dance in the rain.’ Vivian Greene