

Luggage



- Does this image speak to you of travel, adventures and new places to explore? Or does it make you feel weighed down by the amount of stuff there is to carry?
- Do you ever wish you could travel more lightly through life, instead of dragging all that baggage around with you? How would it be to enjoy the journey, rather than struggling with the weight of it all?

‘S/he who would travel happily, must travel light.’

Antoine de St Exupery

- How could you travel light this week? Does it mean decluttering, taking on fewer commitments, or shedding some emotional baggage? How could you free yourself up to live life more fully?