

**For four minutes, free-write on this prompt:**

**On this day after the election...**

***I feel...***

***I want...***

***I don't want...***



***I wish...***

***If it were up to me, I would...***

***Write or speak one of these phrases (or one of your own) three times:***

***Nevertheless, your will be done.***

***Into your hands, I commend my whole life.***

***Not what I want, but what you want.***

***I turn my life and will over to you.***

***I surrender control (again).***

***I place myself in the arms of Love.***

**For four minutes, free-write on this prompt:**

**On this day after the election...**

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*I want...*

*I don't want...*

*I wish...*

*If it were up to me, I would...*



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**For two minutes, free-write on this prompt:**

**What is the thing you  
think you cannot do  
but feel called to do?**

