



## Exercise: One Careful Sentence

Here's an exercise I'd like you to complete before we meet:

***Write one careful sentence that will make you 'seen' or 'known' to a person who has never met you.***

A couple of notes about this exercise:

1. This might not be the easiest sentence you've ever written. It will require some pondering and self-reflection.
2. What we're *not* looking for is how old you are, or what you look like, or where you live. While this information might provide clues about you, what we're really after here is deeper material.
3. What can you reveal about your most essential nature? Who are you when you're alone? What moves you? What thrills you? What have you come to understand about your truest, most authentic self?
4. When you're ready, email your 'one sentence' to me at [lesley@lesleyquinn.com](mailto:lesley@lesleyquinn.com).

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