

# Dearest You Anticipate - a Day

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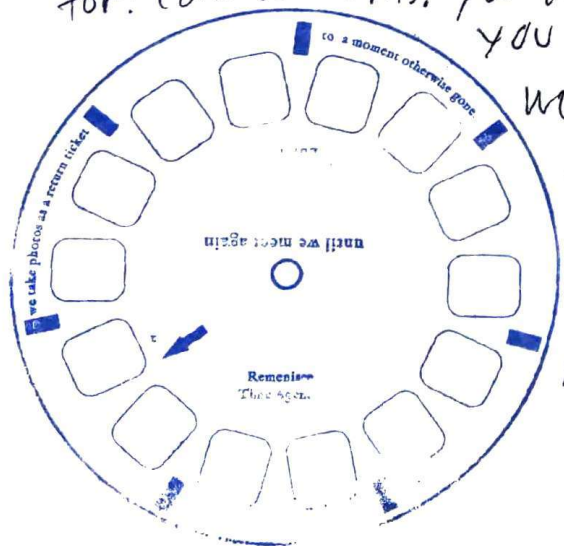
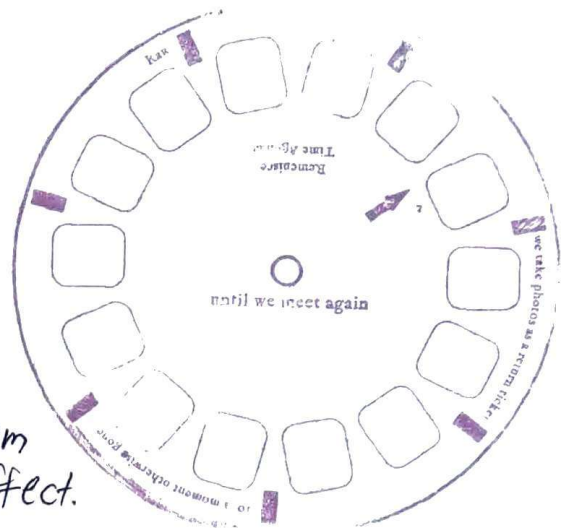
**Day 1:** Send a message to the one who made you grateful to be alive. Who led you to your true self. Who always makes you smile, even when you're not talking to them at the moment. Show them proof of their effect.

**Day 2:** Build a surprise in the outside public world for a lucky stranger to discover. Add magic to their day, their existence. A favorite book, a gift card, a sweet note, stickers, origami, etc. Notice how the scenery & colors transform through your precise placement. How you alone are the source

**Day 3:** Write a message to someone you want to clear the air with by clearing up yourself. Maybe you're resentful, or there was a misunderstanding, or you haven't text back in a while. Explain why & close the gap between you. Whether you send it or not is up to you, but I hope you consider it, especially if they still mean a lot to you

**Day 4:** If you had an actually magic 8 ball that will give you a "Yes" to any of your dream projects, what would that be? If you know you could not fail, what would you go for? Consider this: you are your own answer. Whatever you believe, you can do. Whatever you don't think you can,

won't happen. These reels you hold in your hand, this Viewmaster, this letter - they would not exist at all if I didn't say "Yes" to myself first. Be your own magic maker



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**DAY 5:** Breathe. Deep inhale, hold for three, and big exhale to feel your stomach fully expand. Repeat five times. Notice what you feel physically, what and whom you share the room with. Witness how your anxieties & fears lessen when your sole focus is on being alive & present. How the shadows & the imaginary eyes of others evaporate when you pay attention to yourself alone. Bask in your light.

**DAY 6:** Use the voice recorder app on your phone and record 3 minutes of your ranting, grieving, airing any and all resentment & anger you have against others, and even yourself. Play it once only, press delete, and see how you now hold less rage and annoyance now. Let some more of it go and get free.

**DAY 7:** Dearest You - Thank you for spending a whole week with me and making my dreams come true! We've changed a good deal over the past 7 days, from showing gratitude to others, declaring "yes" to our desires to documenting our hurt and letting it go.

Your last prompt is to honor whom you'll become. We are a lot closer than we were before, so do something that will make your future self happy. Register for a class you always wanted to take. Pre-order the book of your favorite author. Use an one-time use camera or blank journal to document your life.

Remember you are a gift and you deserve to love yourself no matter what you've done. It's never too late to change, your body does it everyday. Take care and know that you are held.

may you always be warm,  
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