

# My Well of Life

**Creatively draw your well in the desert, and label what the elements mean for you?**

- What is your well? What is the water that quenches your thirst within yourself? What gives you life? What renews you?
- What is your desert? What are the areas in your life feel like the desert? – lifeless and filled with danger?
- Name a moment(s) when you hurried, and unable to see the “waters of life”?
- Name a moment(s) when you slowed down and took time to pause to see & notice the sacred things around you?
- Who/what are your “golden strands” – elements in your life that assist you in connecting with the Source?