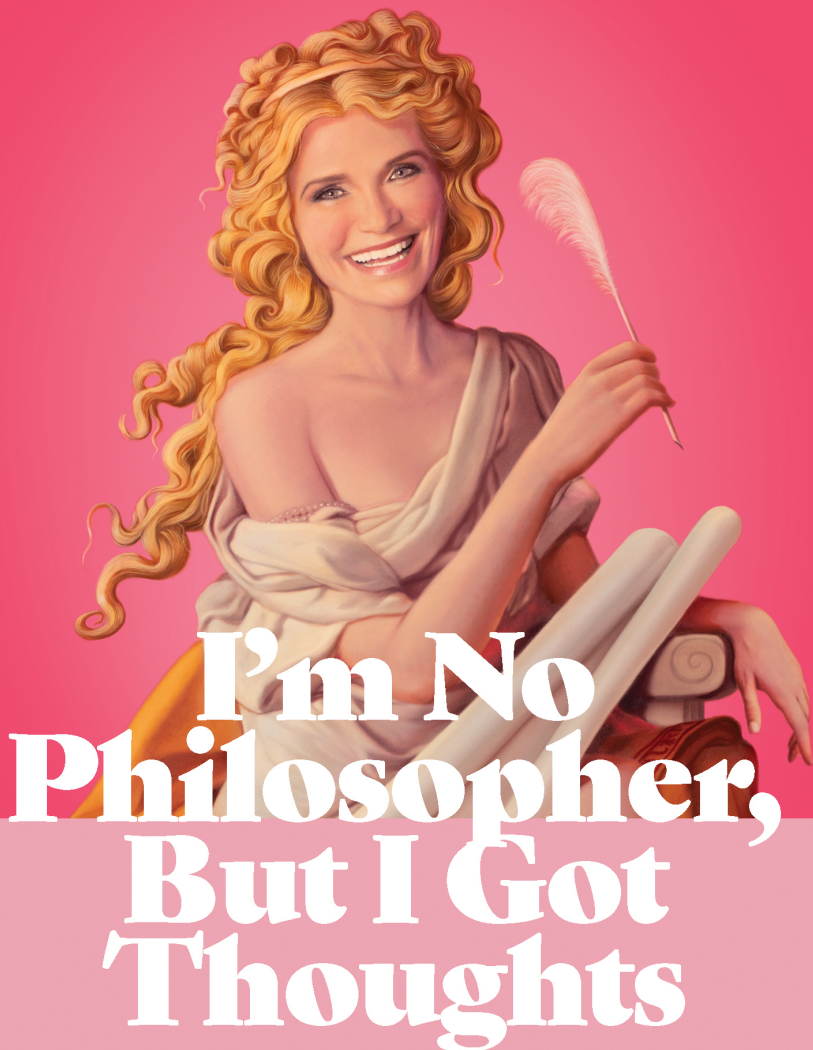


KRISTIN CHENOWETH



MINI-MEDITATIONS FOR SAINTS,  
SINNERS, AND THE REST OF US

A PDF COMPANION TO THE AUDIOBOOK

*I'm No Philosopher, But I Got Thoughts*

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A SIMPLE PRAYER  
FOR THIS BOOK

---

***Creator,  
open my mind to create.***

***Christ,  
open my heart to love.***

***Holy Spirit,  
empower my voice.***

# WHO SAID IT BEST?

*William James*

"There is only one thing that a philosopher can be relied on to do . . . a philosopher can contradict other philosophers."

*Sally Brown*

"Oh yeah? That's what you think!"



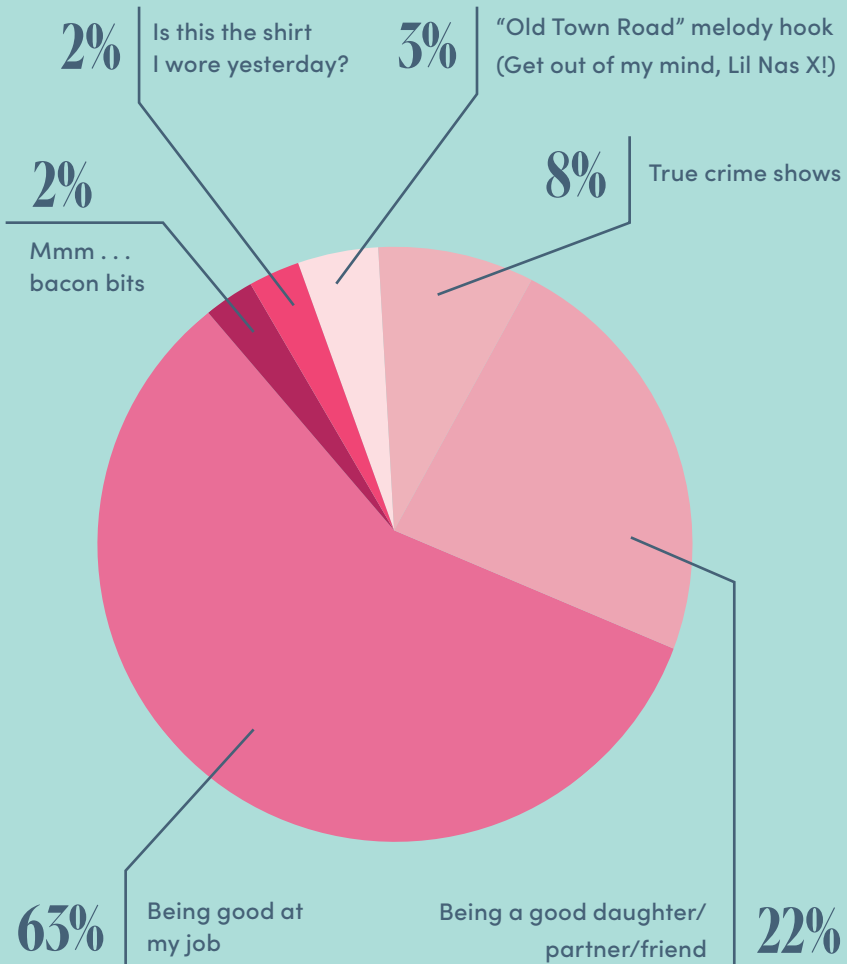
Somewhere beyond right and wrong,  
there is a garden.  
I will meet you there.

When the soul lies down  
in that grass,  
the world is too full to talk about.  
Even the words **each other**  
make no sense.

*Rumi*

## *Doodle Time*

# SUBDIVISION OF MY MENTAL REAL ESTATE



# BUT FOR REAL...

What's occupying your thoughts? Slice up the pie chart, and ask yourself: "How do I feel about the expenditure of my time and emotional energy? Am I getting a good return on my investment?" Remind yourself as you divvy up this pie chart: "I draw the lines."

\_\_\_\_\_ % Family

\_\_\_\_\_ % Work

\_\_\_\_\_ % Volunteering/random  
acts of kindness

\_\_\_\_\_ % Social media/  
entertainment

\_\_\_\_\_ % Meditation/prayer

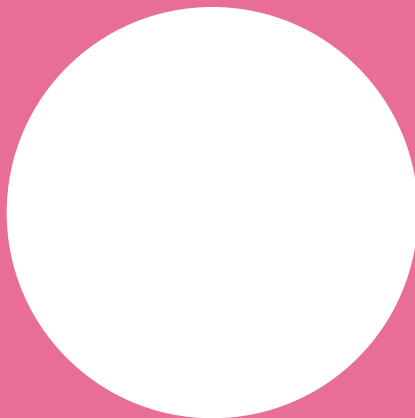
\_\_\_\_\_ % Physical exercise

\_\_\_\_\_ % Things over which I have ultimate control

\_\_\_\_\_ % Things over which I have zero control

\_\_\_\_\_ % \_\_\_\_\_

\_\_\_\_\_ % \_\_\_\_\_



---

# **FRIENDLY REMINDER**

**You know how people tell you to  
have the “patience of Job”?**

**Well, I checked my Bible, and Job  
bitched his head off.**

**So there ya go. You now have  
the patience of Job.**

**You’re welcome.**

---

A SIMPLE PRAYER  
FOR UNDERSTANDING

---

*I **want**  
to know.*

*I'm **willing**  
to know.*

*I'm **waiting**  
to know.*

***Y'know?***

*Sell your*  
**CLEVERNESS**  
*and buy*  
**BEWILDERMENT.**

*Rumi*

# QUESTIONS FOR GOD

## WHEN I MEET HIM: PART 2

In *A Little Bit Wicked*, I shared a list of QFGWIMH:

- Why is forgiveness so dang hard?
- Why is slapstick so dang funny?
- *Who* is the sadistic genius behind cellulite?
- Where are the mates to most of my socks?
- What if you made it so that hate would cause hemorrhoids? Just an idea.

Believe me, that list has grown as long as an opera glove during the decade since that book was published.

- Will there be a welcome event? (If so, please make sure I'm seated between Flo Bird and Maria Tallchief.)
- Where are all the angels? I'm talking database with GPS. People need to know.
- If happy little bluebirds fly beyond the rainbow—okay, never mind.
- Is it me?

WHILE I CONTINUE MY LIST, I INVITE YOU TO START A LIST OF YOUR OWN. HERE'S A LITTLE JUMP START.



## *Dear God:*

Where were you when . . .

Why do you always seem so . . .

What would happen if I . . .

How much longer do I have to wait for . . .

And another thing:





MOTHER  
TERESA

"IF WE HAVE NO PEACE, IT IS BECAUSE WE HAVE FORGOTTEN THAT WE BELONG TO EACH OTHER."

A SIMPLE PRAYER  
FOR MY FAMILY

---

*I know you see us.*

*Help us see each other.*

*When ill-chosen words  
get in the way,*

*help us hear the loving  
intent behind them.*

*When old injuries  
get in the way,*

*help us promote healing.*

*When we can't get out  
of our own heads,*

*help us keep each  
other in our hearts.*


# ZEN VENN *Fix / Worry*

THINGS I  
CAN FIX

THINGS I  
WORRY ABOUT

THINGS I  
CAN'T FIX





Consider the lilies of the field,  
how they grow;  
they toil not, neither do they spin:  
And yet I say unto you,  
that even Solomon in all his glory  
was not arrayed like one of these.

MATTHEW 6:28-29 KJV

# *Flip the Script*

I'M TRYING TO REWRITE THE NEGATIVE  
DIALOGUE THAT COMES OUT OF HABIT.

INSTEAD OF SAYING . . .

I TRY TO SAY . . .

"Sorry for the slow reply."

"Thank you for your patience."

"I'm so stupid."

"I love your idea."

"I'm too [short/skinny/wrong]  
for this outfit."

"This doesn't fit me."

"You're such an idiot."

"I don't understand you."

"You don't care how I feel."

"You're not hearing me."

"I hate myself for  
procrastinating."

"To everything there is a  
season. And right now, it's  
*take care of me* time."

WHEN IN DOUBT:

*Think*  
**WW DOUBLE D!**

*(What would Dolly do?)*

## KENYAN PRAYER

---

***From the cowardice that  
dare not face new truth,***

***from the laziness that is  
contented with half truth,***

***from the arrogance that  
thinks it knows all truth,***

***Good God, deliver me!***

**get over  
yourselves,  
and let's eat**



A SIMPLE PRAYER  
FOR PERSPECTIVE

---

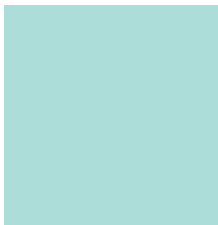
*If this is not what it seems . . .  
what is it?*

*Show me the opportunities for  
growth that are bidden by pride.*

*Reveal to me the aching hearts  
bidden by the pride of others.*

*Build in me the gratitude that  
requires me to celebrate myself.*

# EXISTENTIAL COLOR SCHEME



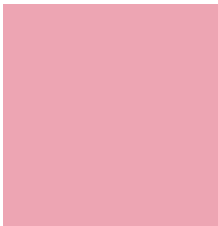
**TEAL**  
is the new black



**BLACK**  
is the new pink



**PINK**  
is the new bold



**BOLD**  
is the new think



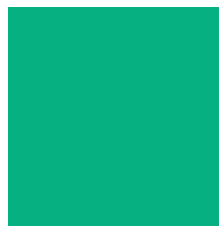
**THINK**  
is the old know



**KNOW**  
is the new knew



**KNEW**  
is the old faith



**FAITH**  
is the new you

# Just a Minute

## MANNA MEDITATION

In Exodus 16, Moses told a story about how God fed his people bread from heaven as they wandered in the desert.

- Set a timer for 60 seconds.
- Inhale through your nose, exhale through your mouth.
- Cup your hands, creating a bowl in front of you.
- Allow your thoughts to rest on the words *Give us this day our daily bread.*
- Visualizing a warm loaf of fresh, fragrant bread in your hands, receive it as a symbol of God's care for you. The daily bread Jesus spoke of in the Lord's Prayer—the manna that came to God's people in the desert—is baked fresh for you exactly when you need it.

# Doodle Time

**DRAW A LINE FROM THE MOMENT TO THE EMOTICON.**

First cup of coffee



Cooking dinner



Climbing stairs



Making small talk with strangers



Traffic

Falling asleep last night



Last time you talked to your mom

Any given workday



Most recent WTF moment

Snuggling with my pup, Thunder

A SIMPLE PRAYER  
FOR BALANCE

---

*I am at the center  
of a tightrope.*

*Be the muscle  
that strengthens my  
outstretched arms.*

---

# *Just breathe*

INHALE SIMPLICITY

*exhale clutter*

INHALE ASSURANCE

*exhale apprehension*

INHALE GRATITUDE

*exhale lassitude*

INHALE RESILIENCE

*exhale doubt*

---

# Mood Vertigo

*(Sing to the tune of Duke Ellington's "Mood Indigo.")*

I can't stand up, no, no, no  
I can't stand up  
'Cause I got that mood vertigo  
That feelin' goes stealin' from my head to my heel  
While I regurgitate my last meal.  
Always get that mood vertigo  
Down deep inside my cochlea  
In the mornin' when I feel low  
I'm overwhelmed with nausea.  
'Cause no one really knows how to help me  
When I wake up reeling and I gotta pee  
When I get that mood vertigo  
I could lay me down and cry.

# *WORDS AND PHRASES I CAN'T SAY BECAUSE THEY GROSS ME OUT*

- HOT SUBWAY URINE
- CRAPBALLS
- MOIST
- PUKE
- PUCE (LOVE THE COLOR,  
HATE THE WORD, WHICH  
SOUNDS LIKE PUKE)
- CERVICAL SPINE
- STEROIDS
- POLITICS
- "AT THE END OF THE DAY . . . "
- "LET'S PIVOT"
- MEALY
- KNEECAPPED
- TRUMP
- "PICK YOUR BRAIN"
- "HONOR JUST TO BE  
NOMINATED"



# *Better Angels* BRACKET

GRUDGE-MONGER

GET OVER IT

GET OVER IT

OBLIGATION

GENEROSITY

GENEROSITY

GENEROSITY

TOLERANCE

ACCEPTANCE

ACCEPTANCE

SELF-  
RIGHTEOUSNESS

LOVE

LOVE

LOVE

LOVE

# *PARTIAL LIST OF THINGS THAT MIGHT MAKE YOU FEEL BETTER RIGHT NOW*

- KRISPY KREME DOUGHNUTS
- HUGGING A GOOD DOG
- HUGGING A GOOD PERSON
- SOUP
- THE SMELL OF YOUR MOM'S HOUSE
- LADYBUG LANDING ON YOUR SLEEVE
- BLOWING DANDELION FEATHERS
- CHAMOMILE TEA WITH HONEY
- THREE DEEP BREATHS
- HOT BATH
- ICE PACK
- HEATING PAD
- SMILING AT A FRIEND
- SMILING AT A STRANGER
- SAYING A LITTLE PRAYER

## *Playlist for a Life Gone Sideways*

Dr. Jacob Jolij, a cognitive neuroscientist, developed a formula for discerning the most uplifting songs for the human brain, based on lyrics with a positive message, variations from major keys, chord progressions, and beats per minute. Based on that criteria, I've developed this mega-uplifting playlist. You're welcome.

### **"OH HAPPY DAY"**

EDWIN HAWKINS SINGERS

### **"WALKING ON SUNSHINE"**

KATRINA AND THE WAVES

### **"HEROES"**

DAVID BOWIE

### **"HAIL HOLY QUEEN"**

NUNS IN SISTER ACT

### **"BACK IN BABY'S ARMS"**

PATSY CLINE

### **"9 TO 5"**

DOLLY PARTON

### **"RASPBERRY BERET"**

PRINCE

### **"FREE"**

ULTRA NATÉ

### **"I WILL SURVIVE"**

GLORIA GAYNOR

### **"UNWRITTEN"**

NATASHA BEDINGFIELD

### **"NO TEARS LEFT TO CRY"**

ARIANA GRANDE

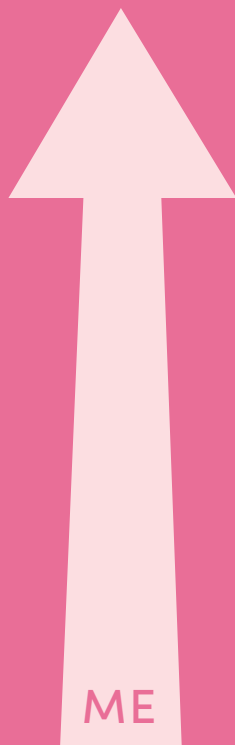


STARDOM

ME

MY  
PLAN

WISDOM



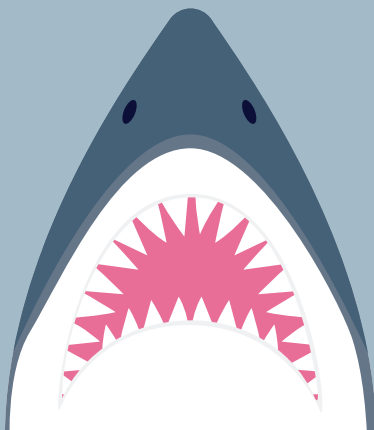
ME

GOD'S  
PLAN



**Broadway is a  
risky business.**

*So is life.*



A SIMPLE PRAYER  
FOR STARTING OVER

---

***Oh, Lord, help me get:***

- ***Off my butt***
- ***On my feet***
- ***Over myself***

# WHO SAID IT BEST?

*Roman philosopher Seneca*

"Every new beginning  
comes from some other  
beginning's end."

*The Dakota Ramblers*

"Shut the door, I'm  
comin' in the window."

# Open Wide

INHALE THROUGH YOUR NOSE,  
*exhale through your mouth.*

- Start with your arms crossed, giving yourself a hug.
- Allowing your thoughts to rest on the word *open*, slowly open your arms until they're stretched out in front of you and then out to the sides as far as you can in both directions.



Now use this space to answer the question:

***What are you doing here?***





**APPLY AS NEEDED TO LIFE  
AND CANCEL CULTURE**

**Keep an open mind.  
But not so open that  
your brains fall out.**

**WALTER KOTSCHNIG  
(paraphrased)**



**Rise! Shine!**  
**Give God the glory!**  
**Also try to eat some protein.**  
**Or just screw it and**  
**watch Netflix.**

**There's always tomorrow . . .**

# *Randomania*

---

Know what the Zen master  
said to the hot dog vendor?

“Make me one with everything.”



# Timeless Text Messages



Kristin

Mama Lynn, you made the wonderful decision that gave me life. Thank you.



Kristin

Mom, you made the wonderful decision that gave me a life. Thank you.

A SIMPLE PRAYER  
FOR A HUNGRY HEART

---

*In your all-encompassing  
arms, let me be encompassed.*

*In your all-seeing eye,  
let me be seen.*

*In the eternity of this moment,  
let me be fully present.*

---

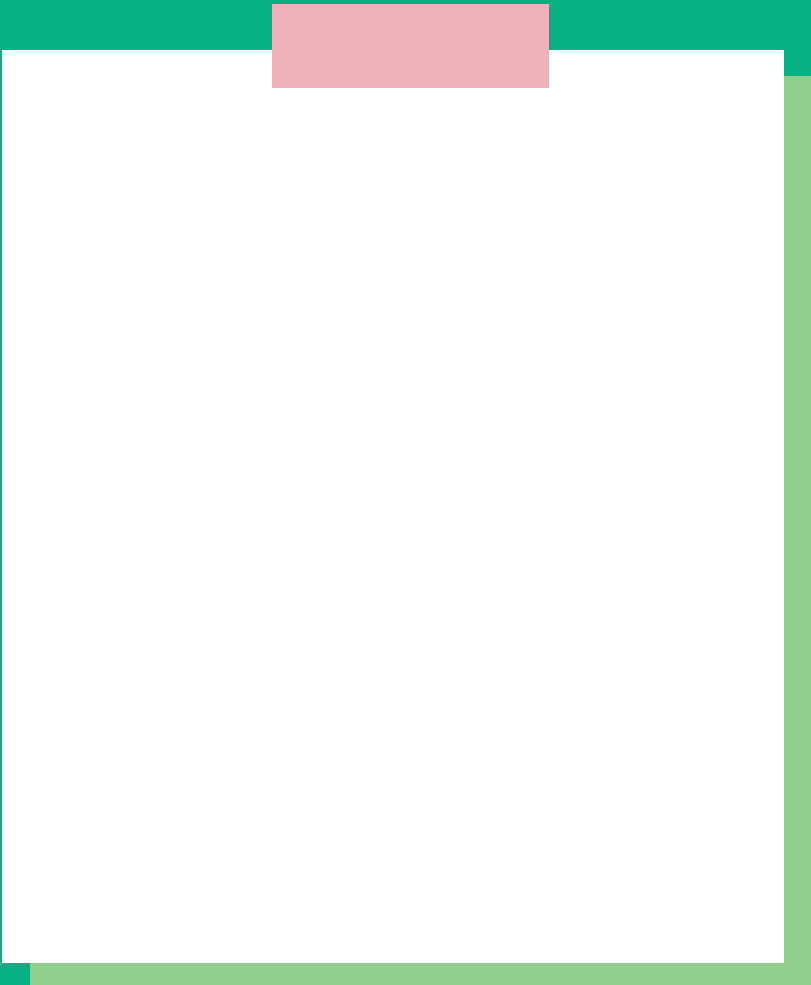
# **FRIENDLY REMINDER**

**There's a difference between  
individualism and selfishness.  
Jesus was a rugged individualist,  
and he cared about other people.  
Be an individualist like Jesus.**

---

*Write the love letter you need to receive.*

- ① Use this space to write a note of encouragement.
- ② Sign the note "someone who loves you."
- ③ Tear it out and tuck it in the pocket of a coat you won't wear for a while.



*Remember that time when  
you thought I forgot about you?*

**I DIDN'T.**



THE  
**greatest thing**  
YOU'LL EVER LEARN  
**is just to love**  
AND BE  
**loved in return.**

EDEN AHBEZ



A SIMPLE PRAYER  
FOR A MORE LOVING WORLD

---

*I know  
love is real.*

*Help me  
prove it.*

*Make me  
an instrument.*

*Tune me up  
and play me.*

*Let me be part of the flash-mob  
symphony of love that's out there,  
just waiting to happen.*

# LOVE CHAPTER CHECKLIST

HOW ARE YOU DOING ON 1 CORINTHIANS 13?

*Love is . . .*

	NAILED IT	NEEDS WORK
Patient	<input type="checkbox"/>	<input type="checkbox"/>
Kind	<input type="checkbox"/>	<input type="checkbox"/>
Not envious	<input type="checkbox"/>	<input type="checkbox"/>
Not stuck-up	<input type="checkbox"/>	<input type="checkbox"/>
Not rude	<input type="checkbox"/>	<input type="checkbox"/>
Slow to anger	<input type="checkbox"/>	<input type="checkbox"/>
Forgiving	<input type="checkbox"/>	<input type="checkbox"/>
Resistant to BS	<input type="checkbox"/>	<input type="checkbox"/>
Rejoicing in truth	<input type="checkbox"/>	<input type="checkbox"/>
Protective	<input type="checkbox"/>	<input type="checkbox"/>
Trusting	<input type="checkbox"/>	<input type="checkbox"/>
Optimistic	<input type="checkbox"/>	<input type="checkbox"/>
Persevering	<input type="checkbox"/>	<input type="checkbox"/>
Unfailing	<input type="checkbox"/>	<input type="checkbox"/>

*Cive in fragments  
no longer.*

E.M. FORSTER

**Didn't you hear me say  
the first time I said,  
“You are fabulous”?**

**Okay, fine.**

**I'll keep repeating it.**

**YOU ARE FABULOUS.**

**YOU ARE FABULOUS.**

**YOU ARE FABULOUS.**

# *A SHORT LIST OF THINGS I CAN'T/WON'T SHUT UP ABOUT*

- MUSIC
- MY FAITH
- BROADWAY CARES
- THE NEED FOR MORE WOMEN BEHIND THE CAMERA
- THE IMPORTANCE OF BEING A GOOD TIPPER
- PET ADOPTION
- BALMAIN JACKET ½ OFF OF ½ OFF!

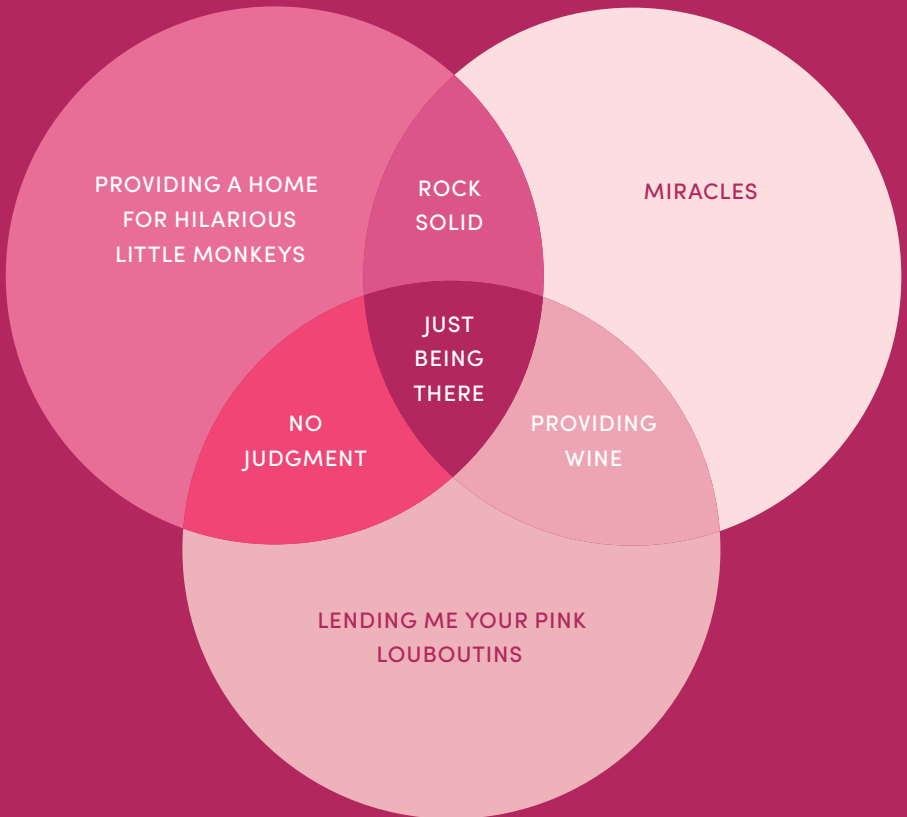
# *PARTIAL LIST OF PEOPLE WHO PROBABLY NEED MY LOVE RIGHT NOW*

- ANYONE WHO LIVES WITH ME
- ANYONE WHO LIVES WITH AN @\$HOLE
- ANYONE WHO IS AN @\$HOLE
- FOLKS WHO WORK AT ANIMAL SHELTERS
- FOLKS WHO GET NERVOUS ABOUT TRAVELING
- CAREGIVERS
- TIFFANY TRUMP
- PEOPLE IN LINE AT THE DMV
- PEOPLE IN LINE AT THE DMV WITH TIFFANY TRUMP

# ZEN VENN *Rock of Ages*

WAYS THE ROCK OF  
GIBRALTAR IS SUPPORTIVE

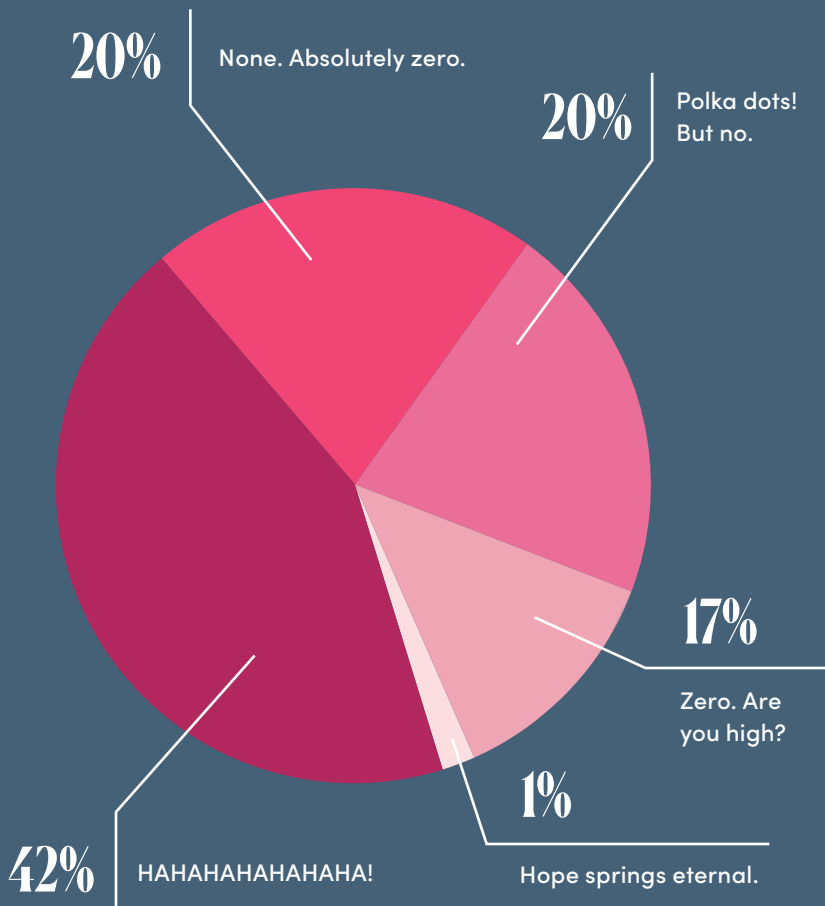
WAYS GOD IS  
SUPPORTIVE



WAYS YOU CAN BE  
SUPPORTIVE



# PROBABILITY THAT EVERYTHING WILL GO AS PLANNED



*Possible Titles for a*

# BROADWAY SHOW

*About My Career*

**THE GOOD, THE BAD,  
AND THE GLITTERY**

**A FUNNY THING HAPPENED ON THE  
WAY TO THE EMERGENCY ROOM**

**GUARDIAN ANGELS IN AMERICA**

**CATS**

**CRAMALOT**

**DOLLY MADE ME DO IT**

**HOW TO SUCCEED IN BUSINESS  
WITHOUT REALLY FLYING**

**IN THE TIGHTS**

A SIMPLE PRAYER  
FOR AN OVERWHELMING WORKDAY

---

*Lord, walk beside me  
and hold my hand.*

*Or even just my pinkie.*

*Show me the next box  
on the flowchart.*

*Hold on to everything else  
until I get there.*

# *Insomnia as Emoticons*

12 AM



1 AM



2 AM



3 AM



4 AM



5 AM



6 AM



7 AM



# WHO SAID IT BEST?

*Frank Capra*

"Don't compromise.  
Believe in yourself. Because  
only the valiant can create."

*Jerry Chenoweth*

"Just suck it up and do  
what you do."

We make plans.  
*God winks.*

A SIMPLE PRAYER  
FOR SEEKING

---

*Where to?*

*What for?*

*Why not?*

*Fill me with  
enterprising energy.*

*Gift me with an appetite  
for disruption.*

*Sharpen my sense  
of what-if...*

# *Partial list of things Shakespeare made us laugh at*

- BALDNESS
- BELCHING
- HALITOSIS
- FARTING
- FECES / URINATION, GENERAL SCATOLOGY
- INSANE / POWER-MAD RULERS
- CRANKY WOMEN (*always played by men, of course*)
- DEATH
- LOVE
- THE HUMAN CONDITION
- OURSELVES

*(Remember when folks used to laugh at human foible?)*



**TOTALLY LEGIT *BAD DAY***  
**GROCERY LIST**

*Pand-Aids*

*Pourbon*

*Hairspray*

*Matches*

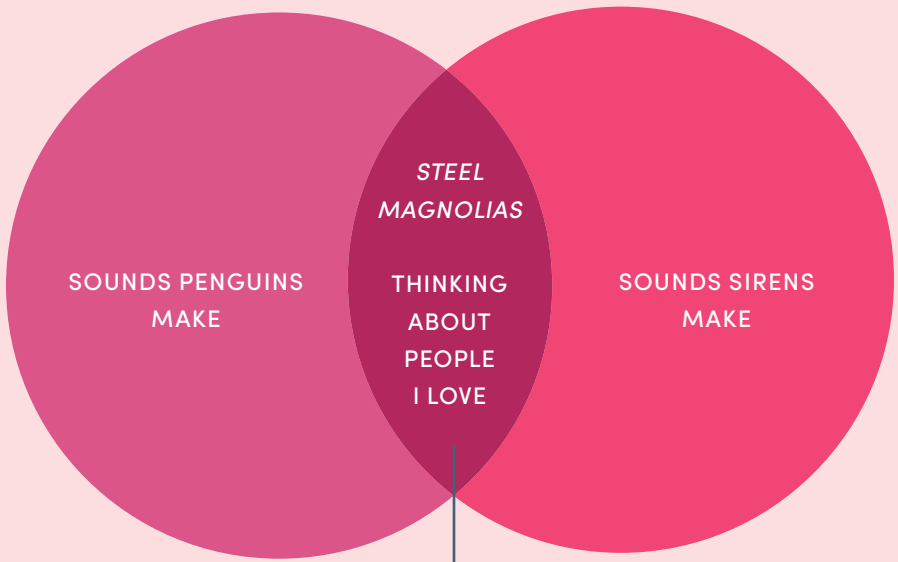
ZEN VENN

# *Comedy/Tragedy*

COMEDY IS TRAGEDY'S BEST HOPE OF GETTING OVER ITSELF.

LAUGHTER

TEARS



LAUGHTER  
THROUGH TEARS

*Friendly  
Reminder*

DEPRESSION

is a ***F#@%ING***

***LIAR.***

# Just a Minute

## CHAOS COPING MECHANISM

- Set a timer for 60 seconds.
- Inhale through your nose, exhale through your mouth.
- Allow your thoughts to rest on the word *hush*.
- Visualize a pond of croaking bullfrogs. As you hush them, they disappear beneath the calm surface of the water.

# Troubleshooting 101

Draw a line between the problem and the solution.

Each solution may apply to multiple problems.

## PROBLEM



Bad romance

Computer issues

Wardrobe malfunction

Unfortunate haircut

Burned toast

Skin eruption

Parents driving you nuts

## SOLUTION



Duct tape

Safety pins

Call best friend

Cream of mushroom soup

Long nap

Box breathing exercise

Unplug and turn on again

*(Actually, now that I think of it, "long nap"  
applies to most, if not all, of these.)*

A SIMPLE PRAYER FOR  
PATIENCE WITH MYSELF

---

*Could we  
please do this  
some other  
time?*

# ***PARTIAL LIST OF THINGS I TOTALLY BELIEVE IN***

*That's my story, and I'm sticking to it!*

- SASQUATCH (THE TRUTH IS OUT THERE)
- FISH THAT GROW LEGS AND WALK OUT OF THE POND/LAKE/OCEAN
- MY DOG, THUNDER, SPEAKS ENGLISH
- LIFE ON OTHER PLANETS (IT'S SO BRASSY TO THINK ALL THIS IS JUST FOR US)
- YEARS OF BLEACHING MY ROOTS IS GOING TO MY BRAIN
- MY MOM HAS A PSYCHIC CONNECTION TO THOSE SHE LOVES MOST
- IMAGINARY FRIENDS WE HAVE AS CHILDREN ARE ANGELS HELPING US ALONG, AND WHEN WE GET OLDER, EVEN IF WE CAN'T SEE THEM ANYMORE, WE CAN STILL HEAR THEM; WE JUST HAVE TO LISTEN
- THE WRIGHT BROTHERS, WHO INVENTED FLIGHT, WERE TIME TRAVELERS AND CAME BACK TO DO US A SOLID
- TIME TRAVEL
- FATHER, SON, AND THE HOLY SPIRIT
- THE SECRET LIFE OF DRAGONFLIES

An open envelope with a white card inside, set against a teal background. The envelope is pink and the card is white. The text on the card is in a serif font.

# RSVP

I am otherwise engaged  
and will not be available  
for your outrage event.



ZEN VENN

# *Things I Believe In*

THINGS I  
CAN SEE

THINGS I  
CAN'T SEE

THUNDER PUP  
MOM AND DAD  
BROADWAY

LOVE

WIND  
SOUND WAVES  
GOD  
SASQUATCH

Forgive us our trespasses  
*as we forgive those who*  
trespass against us.

MATTHEW 6:12, PARAPHRASED

A SIMPLE PRAYER  
FOR A STUPID MISTAKE

---

*Ugh.*

*Give me grace to play the  
occasional role of punch line.*

*Help me sell myself on the  
value of a lesson learned.*

*Open my mouth to say,  
“I’m sorry,” and shut my mouth  
before I say, “but . . .”*

*Forgive me my pratfalls  
as I forgive those who  
pratfall before me.*

# ASKING FOR A FRIEND

Is it rude to throw a strawberry cupcake in someone's mouth while they're talking?



# Just a Minute

## LET IT GO

- Set a timer for 60 seconds.
- Inhale through your nose, exhale through your mouth.
- With each breath, shrug your shoulders, slowly bringing them up, then letting them relax.
- Allow your thoughts to rest on the word *whatever*.

Come, come,  
whoever you are,  
wanderer, worshipper,  
lover of leaving—  
it doesn't matter.

*Ours is not a caravan  
of despair.*

*Rumi*

THERE BE THREE THINGS  
*which are too wonderful for me,*  
YEA, FOUR WHICH I KNOW NOT:

*the way of an* EAGLE IN THE AIR;  
*the way of a* SERPENT UPON A ROCK;  
*the way of a* SHIP IN THE MIDST OF THE SEA  
*and the way of a* MAN WITH A MAID.

PROVERBS 30:18–19 KJV



**We're  
SOUL-FRIENDS.**



A SIMPLE PRAYER  
FOR SPACE AND SIMULTANEITY

---

*From the insecurity that  
tells us love is weak,*

*from the cynicism that  
tells us love is rare,*

*from the naivete that  
tells us love is everything,*

*Good Lord, deliver us.*

# WHAT THE WORLD NEEDS NOW

FILL THIS HEART WITH EVERYTHING YOU LOVE.  
I'LL GET IT STARTED WITH A FEW SUGGESTIONS.

*spring*  
*puppies*  
*music*  
*your awesome self*



*You are my sunshine,  
my only sunshine.  
You make me happy  
when skies are gray.*

BUT, HEY, I'M NOT AN IDIOT.  
WHEN SKIES ARE GRAY,  
I TAKE VITAMIN D.

# ***Randomania***

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When I want a long day to be over,  
I say, “Stab me with a dull butter knife.”  
It’s like “Stick a fork in it, it’s done.”  
But less pointed.

*Apply as Needed:*

*I know how to be* BROUGHT LOW,  
*and I know how to* ABOUND.  
*In any and every* CIRCUMSTANCE,  
*I have learned the* SECRET  
*of facing* PLENTY *and* HUNGER,  
ABUNDANCE *and* NEED.  
*I can do* ALL THINGS THROUGH HIM  
*who* STRENGTHENS ME.

PHILIPPIANS 4:12-13 ESV

**You  
are  
going  
to be  
okay.**

A SIMPLE PRAYER  
FOR A LOST SOUL

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*I hear ya.*

**At the end  
of the day,  
we can endure  
much more  
than we  
think we can.**

**FRIDA KAHLO**



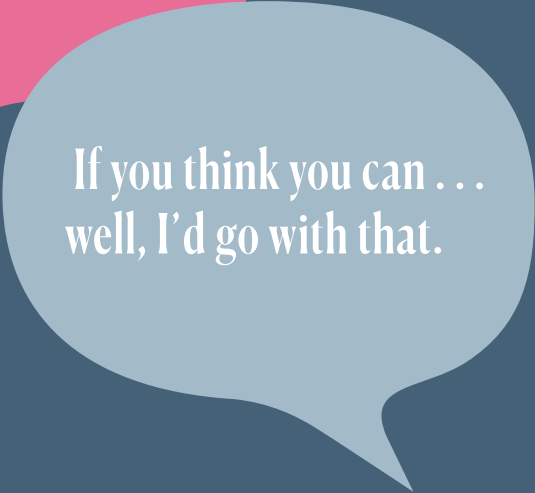
*I will remember you.*

INHALE THROUGH YOUR NOSE,  
***exhale through your mouth.***

- Start with your arms crossed, giving yourself a hug.
- Hold both hands over your heart.
- Allow your thoughts to rest on the word *here*.
- Focus on the memory of someone you have loved and lost. Let images of them play across your mind like a slideshow, and invite that memory to remain in your heart.



If you think you can't,  
you most certainly can't.



If you think you can . . .  
well, I'd go with that.

***WHAT DOES IT HURT?***

**SHE STOOD  
IN THE STORM  
AND WHEN  
THE WIND  
DID NOT BLOW  
HER WAY,  
SHE ADJUSTED  
HER SAILS.**

**ELIZABETH EDWARDS**



A SIMPLE PRAYER FOR  
OPPORTUNITY

---

*Help me see it.*

*The passing lane to the left of status quo.*

*The place where the grace notes go.*

*A space for my song.*

*A need for my voice.*

*The empty plate waiting for  
my loving-kindness.*

*Let me dream an undreamed dream  
and wake up wondering:*

*How did I not think of that before?*

*I'm just  
trying to*  
**matter.**

JUNE CARTER CASH



## **SHE'S A BRICK HOUSE**

FILL EACH BRICK WITH SOMETHING THAT MAKES YOU FEEL STRONGER. I'LL GET YOU STARTED WITH A FEW SUGGESTIONS.

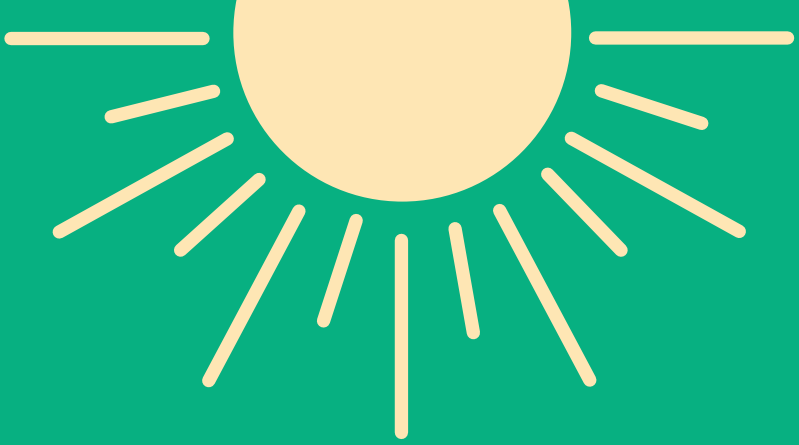
WEARING THE  
RIGHT SHOES

BIG HAIR

KNOWING I'M MY  
MAMA'S DAUGHTER

PROTEIN

YOU BELIEVING  
IN ME



FAITH

*is a reasonable stand-in for*

COURAGE

A SIMPLE PRAYER  
FOR SURRENDER

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*Oh, God.*

*Here we go.*

*Please note  
use of plural  
pronoun.*

*Amen.*



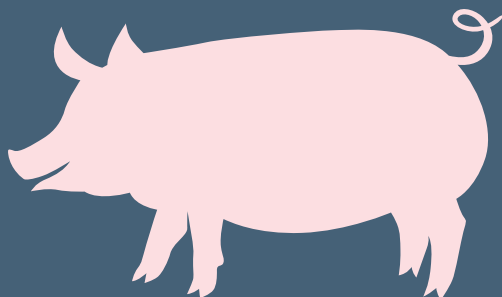
# ***PARTIAL LIST OF TERRIFYING THINGS THAT REALLY COULD HAPPEN, SO TRY NOT TO THINK ABOUT IT***

- SPLIT POSTERIOR PANTS SEAM
- INOPPORTUNE PROJECTILE VOMITING DUE TO BRAIN TUMOR
- BRAIN TUMOR
- CAT SCRATCH FEVER
- HEARING THE SONG “CAT SCRATCH FEVER” AND NOT BEING ABLE  
TO GET IT OUT OF YOUR HEAD
- IMPORTANT RELATIONSHIP DISRUPTED BY DEVASTATING REVERSAL
- IMPORTANT RELATIONSHIP CONTINUING UNTIL DEATH DO US PART
- DEATH
- TOM HANKS ANNOUNCING RETIREMENT
- PARENTS CONVERTING LIFE SAVINGS TO BITCOIN
- NO MORE QUARTERS

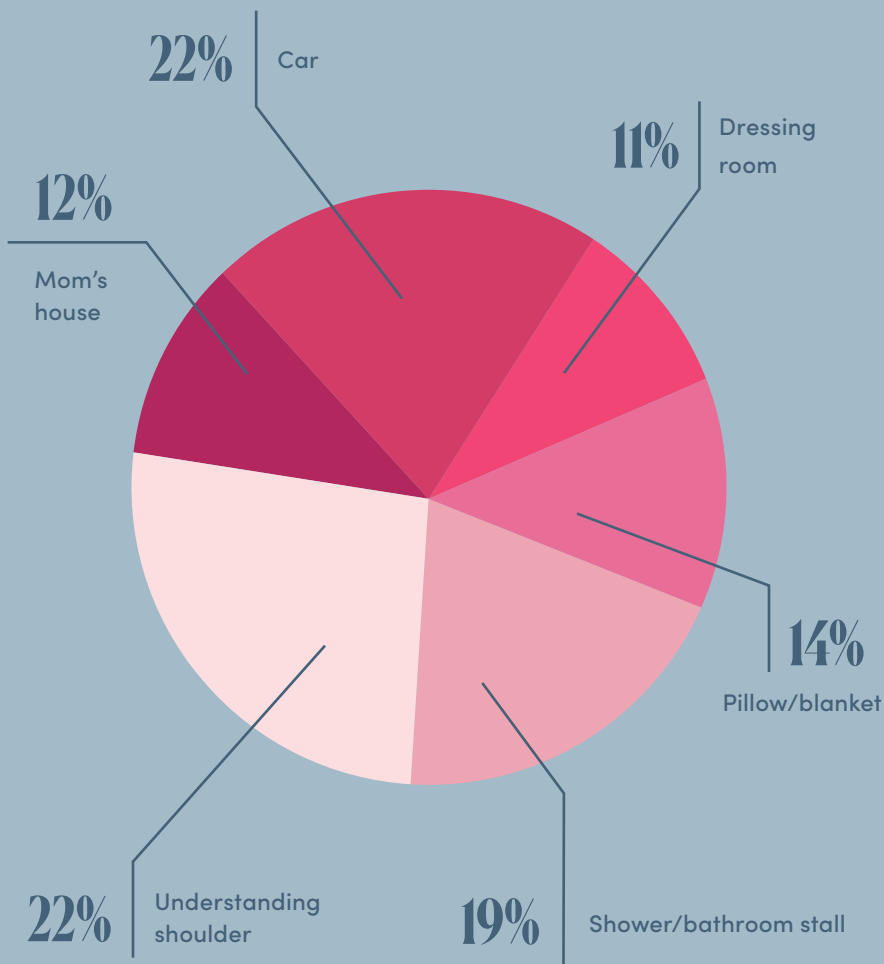
# *Randomania*

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You can wrestle with a pig,  
but it's still a pig.  
And it's happy.



# MOST LIKELY LOCATION NEXT TIME I CRY





THE WAY I SEE IT,  
IF YOU WANT THE  
**RAINBOWS**,  
YOU GOTTA PUT UP  
WITH THE RAIN.

DOLLY PARTON

A SIMPLE PRAYER  
FOR CLOSURE

---

*That happened.*

*Thank you, Lord, for  
your mysterious ways.*

*Lead me forward now,  
into the mystery of  
myself.*

We are the opening verse  
of the opening page  
of the chapter of  
**ENDLESS POSSIBILITIES.**

*Rudyard Kipling*