

Revenir

thank you



Thank you for trusting Revenir to accompany you as you start your journey back home, to yourself and signing up for the course "**Start your journey towards home : Beginner**".

The following activities will help you to progress on your journey, step by step or as Ann Lamott said, bird by bird.

These are fun and joyful activities to do, although if you are going through any mental health consultations, please take advice from your medical practitioner.

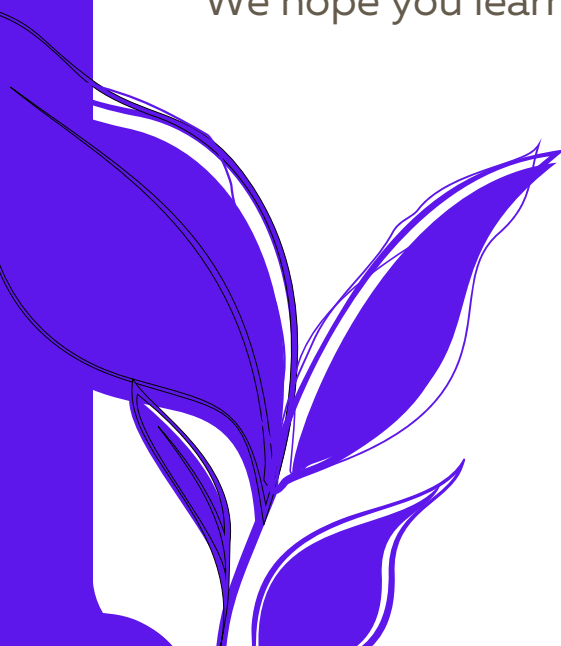
We hope you learn and have fun in your journey!

With Love

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Founder & Curator

Revenir



Things to know before you start :

- These activities can be done in any order, but we suggest to follow a recommended order to help you settle into this journey.
- There is never – no compulsion to do any activity everyday, we might recommend to do it for certain duration, but we strongly believe that each individual is different, so please do whatever works best for you!
- The purpose of any activity at Revenir is to build stronger connection with self, let your mind & body lead the way – it knows the best.
- Some activities may seem vague or you might question "why", we will eventually reveal it through our articles, but for now – Trust us.
- The recommended order to do these activities :
 - Week 1 : Activity 1 & 2
 - Week 2 : Activity 3
 - Week 3 : Activity 4
 - Week 4 : Activity 5
- Have fun!

Activity 1 : Draw your Life pie.

This activity is referenced from Julia Cameron's book and course "Artist's way".

Here are the simple steps to follow :

- Draw a circle.
- Divide it into six pieces of pie.
- Label each piece with labels below :

Health : How fulfilling do you feel in terms of your overall health? Physically, do you feel your body is fit? Mentally and emotionally - do you feel that you are able to manage and navigate through your emotions and feel peaceful with your emotions most of the time?

Work : How do you feel about going to work? Do you feel you are at a stage in your career where you'd like to be at this time in your life? Does your job /business gives you a sense of pride?

Spirituality : This is your inner journey. It doesn't specifically have to do with any religion or traditions, but if that works for you - no problem. Spirituality is about finding purpose in your life, having that inner connection with self. How okay you are with the world? How do you see your place in the world? Does it worry you or does it calm you? Spirituality can mean different things for different people, and that is okay.

Friends and family : How would you rate your fulfillment from friends and family and overall relationships in your life? Do you think you have enough relationships where you can be yourself without being judged or criticized?

Play: This one is the most tricky one. Do you have anything in your life which doesn't have an ROI relationship? Like something you do not for money, not for career advancement or showing off on social media? Something that you do just for fun - for the joy of simply doing them. How often do you do it?

Adventure : Now when I say adventure, it doesn't mean jumping off a plane or scuba diving , of course those are good adventures too! How much do you live things to chance? Like trying out new restaurant or driving to that new place your friend was talking about - anything that is new, allows the experience of it to go good or bad. How often do you allow yourself a thrill of an adventure?

-Place a dot in each slice at the degree to which you are fulfilled in that area (outer rim indicates great; inner circle, not so great). Connect the dots. This will show you where you are lopsided.

-Your life pie would serve you as a guide to work on different areas of your life, if one area is lopsided, indulge in activities that will help you feel more fulfilling in that area.

Ideally, draw your life pie every three months to evaluate, where you are - what are the areas you feel great about, what are the areas that needs a bit of attention; it is unlikely that your life pie will be a big circle anytime soon, or if it would stay like that for long - but starting to be aware of it will help you balance your life!

Activity 2 : Three good things

This is a fun and easy activity. To do this activity, all you need is a note book, or a notes app, or 3 good things on your android or apple phone.

Every night, before you go to sleep, Write down three good things that happened to you that day. Sometimes, the list could be longer, but stick to three. Some days will be lesser than three, but struggle to find three. I promise there will always be at least 3 good things. This is sometimes alternatively used as “Gratitude” exercise as well, you can name it anything you want.

Now there is no rule for what qualifies as a good thing ; it can be some good food you had that day, or that sweet afternoon nap, or maybe just the fact that your dad called to check on you, or your mom sent you that photo collage that google makes, it can be anything. It could also be something that you saw, a good movie, a joke of a colleague that made you laugh, a flower shaped weird but beautiful.

Try and do these everyday, the idea is not to develop discipline, or have the perfect 90 days streak or whatever – but it is to train your mind to see good. Eventually, gratitude becomes the attitude towards your life, and on your hardest days as well, you can find 3 good things. I didn’t believe in it until, one day last year, I lost my sister, who I was really close to – and my mind was still able to find 3 good things out of that day, and that helped me with my grieving.

Your brain is a trainable muscle, so what we shape it to be, it becomes – and now everyday, I try to go through the day, where I have to actually pick top 3 items, that will go in my list for that day! Also, the easier way to note in pen & paper or app, when you are developing this muscle, but the point is to perform this in your mind, eventually you will start to live in perpetual state of gratitude, and seeing good in everything around – you can do the noting in your mind as well!

Activity 3 : Evaluate your autopilot

This activity references from our article on how too much of knowledge bombardment is driving our lives.

In this activity, you will have to make a table – use a device or pen & paper.

Now in the first column, list down any decisions you made. Now, these decisions could be to buy a product, where to buy it from, or a movie you saw, or a book you picked to read, or signed up for a class, or subscribed for a newsletter or decided on your hair colour, or a dress, or a lifestyle choice (for eg. What you are going to start/stop eating based on some reel you saw). If it's overwhelming, list just 10 things.

Now, against each item – write your "Why".

Think deeply, think what made you come to that decision. You bought a Tshirt because your friend might have told you that those are comfortable and shapes your body well. Or you might have bought that art therapy ticket because it kept showing up every day in your Instagram ads.

Now some of your decisions will have clear source, like some friend or some ad or popularity. Some of your more patternistic decisions, like refusing to wear some colour, goes way deeper – which we will consider in more advanced level activities.

For now, do this exercise every week, or every month – to see how your decisions are driven, and for 10 such decision, make one – that is completely out of a whim, just because you feel like it, and notice how you feel!

Activity 4 : List the things you like

Okay, this one is fun and really simple.

List five things you like doing by yourself – for pure fun. It could be dancing, singing, making PowerPoint presentations (yes, it's allowed), reading random articles, hiking, painting, playing with your niece, kissing – anything qualifies for the list. Stare at nature, that is also not crazy – it goes in the list as well!

Now, in this list, add five more.

Now, against each item, write down when you last did it.

If you did it in last one month, discard it – add more in the list to replace those.

Now, these are the ideas for your date. The date you are going to take yourself out on!

Do this every month, and then go and do them one by one, share on social media if you want, don't if you don't. This could be your secret adventure with yourself, and your happy place.

Activity 5 : Witness a story

Now this is something you are going to do some work for!

Every week, starting this week, allow yourself to indulge in a story – it can be any story! Can be something you hear from someone in your family, if you have your grandparents/parents around ; they have the best stories. Your neighbour, your colleague, a stranger you meet during your commute, talk to them.

If you identify as a person who finds it difficult to have a talk with the strangers or have difficulty to open up, start with someone familiar, a friend or a family member – someone you talk regularly with.

Now, we don't want it happening formally, stories don't operate on a switch. So the secret to getting a good story, is to "listen". You'd be surprised how easy it is for people to share their stories once we listen without preparing a response while they share.

Allow people to open up to you, and you will see how many stories are waiting for you to just sit and listen to them – and who knows, you might find solution to something you are looking for an answer to, or just the joy of looking at that glow in someone's eyes when they get to tell their story to someone.

Thank you for completing this course!

**Once you complete and settle into this beginner level course,
you are ready for the next step of journey towards home,
yourself.**