A Cup of Empty

Cup __ of 41

Date _____

Time _____

Place _____

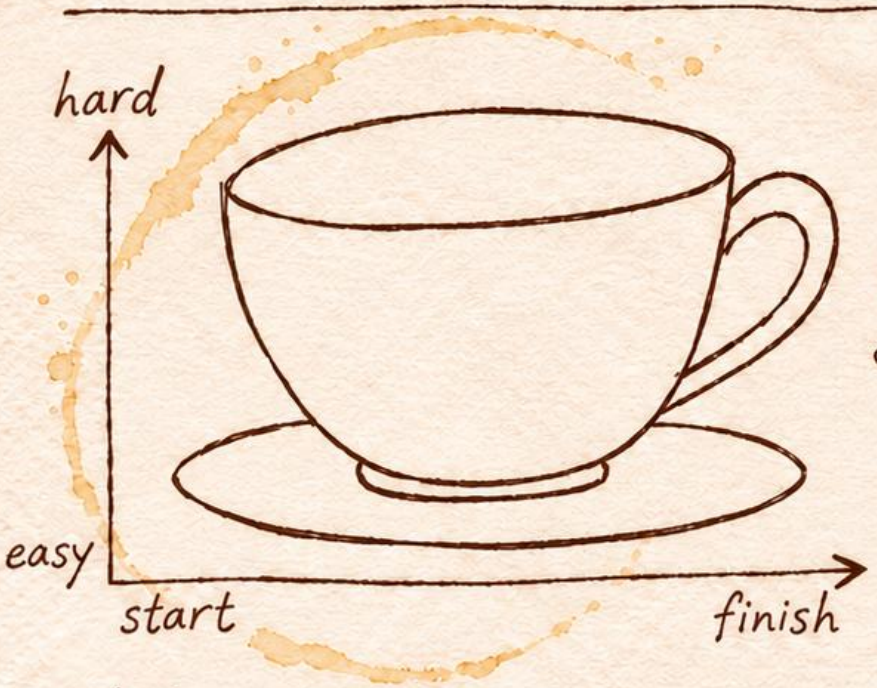
Drink _____

Time with my cup _____

What brought me to my cup today

_____

_____





Calm Choppy Overflowing

None of these is better or worse.

What arose _____

_____

_____

_____

I feel

Write from the experience, not about it. Your notes come after the cup.

@MayaLiscan | #ACupOfEmpty