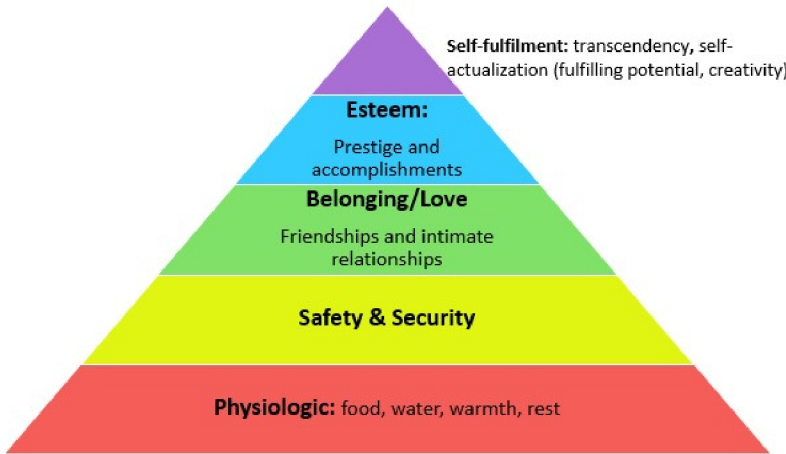


WEEK ONE: PREPARING TO HIT THE ROAD

It's always a good idea to prepare ahead for a journey. You'll want to be safe along the way and have plenty of nourishment and hydration. You'll want to pack lightly, but adequately. Maybe you want a travel buddy, guide or even a group, for all or part of the trip. This first week's daily prompts will help you pull together all you need--in just the right amounts--for your journey.

Here's a simple pyramid drawing borrowed from an old psychology master, Abraham Maslow. It's called Maslow's Hierarchy of Needs. It is larger on its base than peak, to show how we need a solid foundation on which to build. If we try to meet the needs we have at the top before meeting the underlying needs, we're more likely to topple over. Imagine that triangle upside down. Would it stand or topple?



Maslow's Hierarchy of Needs (Public Domain, recreated for this publication)

While you might hope to jump to transcendency—your peak in life, full of wisdom and peace—it is important to first meet basic needs. Being fed and rested, how secure are you? Are you in a place in your life where you feel safe to begin addressing your deeper needs? If so, do you have people you feel connected to; people who will love and support you? This first week's prompts will help you establish these basic needs as a first step toward meeting your psychological needs.