

The Art of Change  
a solitary reflection

What medium, colors, shapes did you select to express your experiences?

What images do you observe?

What thoughts, prayers, feelings were you aware of during the time you were creating your work of art?

What is your own creativity expressing to you about the journey of change in your life?

What title will you give to your work?

Haiku is a Japanese poetry form consisting of seventeen syllables, often used to capture the essence of an experience.

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Create a haiku describing your journey of transformation.

