

# Sit for a While

## Reflection Guide

What was your emotional response to the words and images in this video?

If you were given the gift of an afternoon to go and sit by yourself anywhere in the world, where would you go?

What would you want to do with the time?

What are the benefits of taking the time to think? What about taking the time to *not* think?

What do you need to do to make time to sit for a while?

