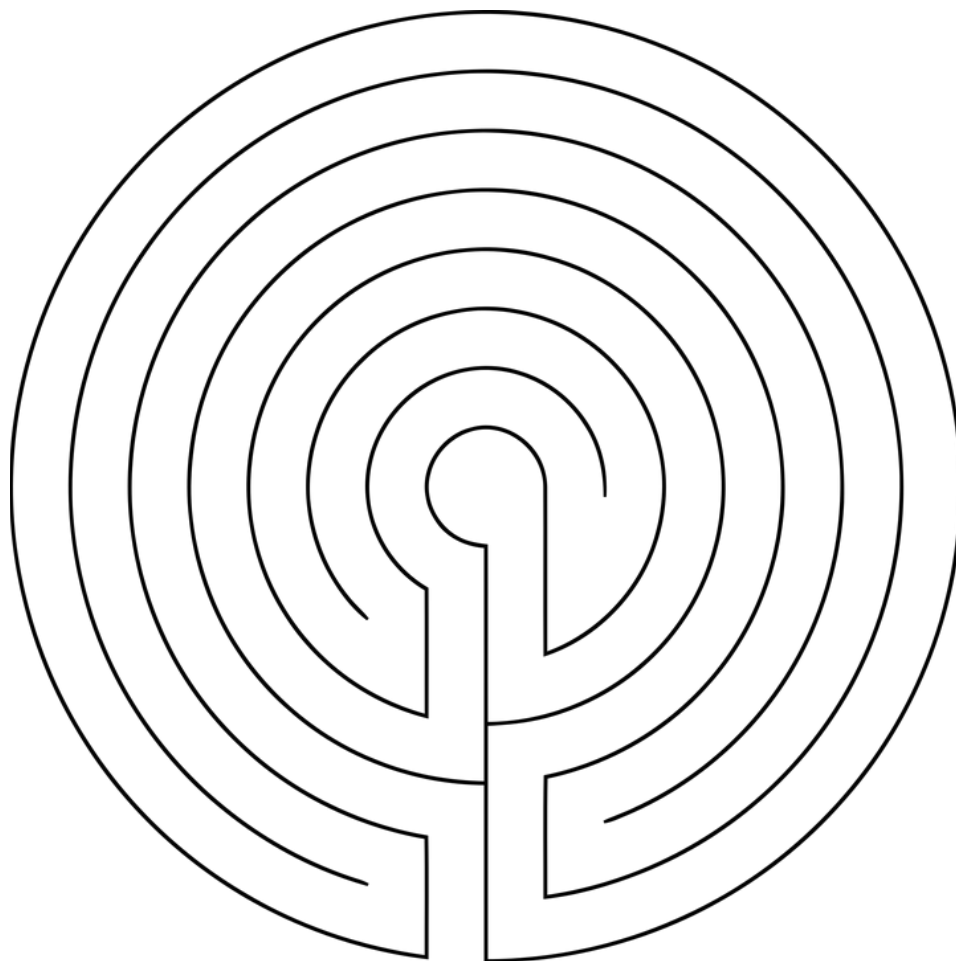




Nurture Play Structure®

A labyrinth offers us a model of the seasons of life and an opportunity to explore our journey to knowing ourselves more fully and authentically. Often, to understand which season we are in or to move onto the next season of life, it is important to reflect on where we have been. You are invited to use the labyrinth below to explore your journey.



Begin at the entrance and imagine this as a journey into the core of your authentic self. Reflect on what you have learned along the way, what you have collected, and what you have left behind. What seasons have you lived? Take some time to record your journey to a fuller understanding of who you are in the core of your authentic self. You may wish to note who was with you, who departed from your journey, your definitions of yourself and others, as well as what you needed (Nurture), what you wanted (Play), and the rules you collected or discarded (Structure)?