

## Week 42 Practice

As you begin to take concrete actions toward resurrecting your truest self by living out the things you are most passionate about, you will, inevitably, want to make your life extraordinary. This is okay. Normal. It is, ironically, ordinary to desire the extraordinary, because it is one of the ways shame slowly creeps in, saying you aren't enough, your people aren't enough, this moment isn't enough, what you're doing isn't enough, your life isn't enough. We must resist this temptation—living our lives to the fullest doesn't mean living lives that are the "greatest." And the best way to resist this temptation is to pay attention to the ordinary, because the ordinary is happening all around us and it is utterly beautiful.

This week, make time for each of these exercises:

*1. Recall your exercise from last week. Revisit the lists of the beautiful things that you noticed on each day. Next to each, make a note about whether that thing was ordinary or extraordinary. Pay attention to how many of the most beautiful things in life are totally ordinary.*

*2. Make a list of five people you know who have lived ordinary lives. These are people who no one is ever going to write a book about or make a movie "inspired by a true story." But these are people whose lives are beautiful nonetheless. Notice something. Their lives are beautiful because they feel comfortable being themselves and don't feel compelled to be any more than that. Every time, this is true of the most peaceful people we know.*

*3. Conclude the week by returning to your original "Christmas list" from the first week of these months of living. Note which of the wants on your list could be labeled "ordinary." Furthermore, consider what other ordinary wants, longings, and passions you might now add to your list, as a result of this week's reflection. This collection of "ordinary" passions will be an essential part of the resurrection of your truest self. They are enough.*

As we embark upon the living out of our passions, we can resist the urge to do something big and flashy by paying attention to that which is small and beautiful, ordinary and enough. Watch. Attend. Small is big. Ordinary is extraordinary. Beauty doesn't discriminate. It infuses all things.