

Yoga for Grounding

Journaling Exercise: Inspiration from Billie Eilish

Last summer, Billie Eilish teamed up with Spotify to create a platform for fans to write a letter to their future selves. The initiative married up with her single, 'My Future.' In the song she says, 'I'm in love with my future self, I can't wait to meet her.'

Click **HERE** to read about what inspired her and how she wants young people to write to themselves to be their most authentic self and find peace.

Journaling Exercise

To start the journaling exercising, you could first play the song for your class, giving them the opportunity to tap into themselves introspectively as a springboard before writing the letter. Here is the link to the song:

https://www.youtube.com/watch?v=Dm9Zf1WYQ_A

You could then have your yogis write about the following:

- Your goals
- Your dreams
- Your values
- Your relationships
- Your spiritual aspirations
- Your words of wisdom

'I'm in love with my future, can't wait to meet her.' You could also invite your yogis to use the above lyrics as an affirmation, perhaps stick them on their mirror or write them in their journals. This could be a great resource to use at the start of the academic year when planting hopes and aspirations.