PEPPER TIME 31: WRITE THE NEXT CHAPTER OF YOUR HERO'S JOURNEY

Timing: 20–30 minutes.

What you'll need: Your journal, a pen, and a quiet space.

What it's about: Recognizing that every chapter of your life—good, hard, random, joyful—has been preparing you for your calling.

How to do it:

1. Break it down. Divide your life into chapters (childhood, early career, family, transitions…). Give each chapter a title.

2. Name the gift. For each chapter, ask: What gift did this season give me? Maybe resilience. Maybe creativity. Maybe empathy. Write it down.

3. See the story. Picture yourself in a cinema, popcorn in hand, watching your story play out on the big screen. Feel how each chapter shaped you for the moment you're in now.

4. Step into now. When you reach the present, ask: What is the next chapter my hero is ready to write? Describe it with color, tone, energy. And here's the pepper twist: Don't write your next chapter timidly. Write it as if you're already the hero, bold and unapologetic. Because the moment you claim it, the journey has already begun.

What to expect: At first, this may feel strange or even emotional. But over time, you'll see that nothing was wasted. Every struggle, joy, and detour prepared you for now.