

TACKING POINTS

A sail boat is a metaphor for life. Sailors don't sail in straight lines. They tack when the wind blows them off course. Such is your life. On the lines below, write a list of ten periods of your life. It is important that you write the list chronologically. Start anywhere in your life. The easiest, of course, is where you were born. Write any event as long as the one following is in chronological order.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now that you have a list, choose two events. Such as 5 and 6. They must be next to each other. The important part of this exercise is to write about the "in between." How these two events are connected. Don't think too hard about it. Start with the 1st one, and connect it to the second. The in between is the connective tissue of life – moments of a shift, a tacking point, a major change that shaped your life. (Note: This exercise can be done over and over again. Perhaps choose a theme – parenthood. My life as a feminist. My life as a teacher. Make a list of ten, and choose the points next to each other.) It's time. Take up your pen and write for 20 minutes.
