WORKSHEET

IMAGINATION & SCRAPES:

A REFLECTION EXERCISE

by Kalika Yap

This worksheet is inspired by Billy Collins's poem On Turning Ten and the idea that we carry both our childlike imagination and our adult scars into our work. Use these prompts to reconnect with your own light and lessons.

1. What is one thing you believed as a child that felt magical?

2. How does that belief still live in you today?

3. Think of one "scrape" from your business—a time you fell. What did it teach you?

4. Where can you pause this week to notice “the late afternoon light”—a moment of perspective?

5. Choose one playful idea you can test in your business in the next 7 days.

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