

# Cocoon Self-Reflection

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Imagine you are readying yourself to transform. Make a list of what you might like to take into your own cocoon. What resources might you need? - books, music, movies, photos, materials, objects, people, food, ideas? What would be the most important things for you as you transform?



Where would you choose to locate your cocoon? Why?

Sketch your cocoon from the inside or the outside.

