

“Live fully, play, be spontaneous. Know that life is a miracle to be cherished and enjoyed. Everything changes and ends, and we all will transition into a different realm. We are spiritual beings having a human experience. Don’t sweat the small stuff.”

Dr. Michael Obsatz – Oh Grow Up

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Share an experience that felt like a miracle was happening.**
- 2. Share your thoughts about seeing yourself as a spiritual being having a human experience.**
- 3. Tell a story of you “letting go” and how it worked out for you.**

Check out and download “Oh Grow Up” by Dr. Michael Obsatz at <https://lifesjourney.us/oh-grow-up/>

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