

This may seem a strange activity but in fact it is a very powerful one, providing you write things to yourself that you find gripping when you receive them.

The ball is in your court.

3. Put a piece of paper in front of you with your first name on in big letters.

Now write several short letters to different people in the group. This is your first opportunity to find out some more about them. As soon as you have written your letter deliver it. If you get a letter answer it.

My hope that these three limbering up exercises will get your pen flowing fluently as we work without the intrusion of voice and noise. For some of you the silence may be a constraint. For some it may come as a blessing after two days of constant yakking.

Yours warmly,



Mario.