

PEPPER TIME 6: GINGERBREAD

Timing: 8 minutes.

What you'll need: A timer, a pen/markers, and your journal.

What it's about: A fast, gut-led snapshot of your life that bypasses overthinking. By “asking” different parts of your body for signals and translating them into quick icons on a gingerbread figure, you'll distill a bold intention. This becomes the seed for your Pepper Board and future planning.

How to do it:

- Settle your system. Sit tall. One hand low on your belly. Inhale for 4, exhale for 6, five cycles. Let your belly soften—this primes intuition.
- Draw the gingerbread figure. Sketch a simple gingerbread outline: a head, two arms, two legs, and a belly.
- Draw your icons. One symbol in each spot below—the first image that pops in is the right one. Keep it messy and fast. Set your timer 1 minute, as that's the time you have per category. Seven in total.
 - Head = Work/Thinking. What your mind is full of (road sign, lightning bolt, book, popcorn).
 - Heart = What/whom you love most (people, craft, place).
 - Gut = Happiness. What reliably lights you up (smiley, sun, food, nature, laughter).
 - Left arm = Past Gift. One thing from your past you'll carry forward (ball, cross, school, friend).
 - Right hand = Future Pull. One concrete future you want (keys to a home, “Teacher,” globe, venture).
 - Left foot = Work Stance. How you're standing at work now (smiley, growth chart, question mark).
 - Right foot = Joy/Hobbies. What play looks like (skis, mountain, waves, canvas).

What to expect: A raw, intuitive draft of what matters most to you right now. From this snapshot, extract one bold, big-picture intention—an aspiration that reflects the area of your life you most want to shift. This vision will fuel your Pepper Board and guide your next moves.

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