

ORIGAMI

OF

BECOMING

By Bimba Chavan

Summary

This zine is a part of a doodle journal, *Origami of Becoming*, inspired by *Narrative Practices*.

Narrative practices seeks to be a respectful, non-blaming approach to counselling and community work, which centres people as the experts in their own lives.

It views problems as separate from people and assumes people have many skills, competencies, beliefs, values, commitments and abilities that will assist them to reduce the influence of problems in their lives

- Alice Morgan

This zine can be used as a postcard, as a thought pad, a journaling space and so much more.

So here we have an opportunity to share our ideas, expertise and make our life stories more visible.

What is it that you enjoyed today?



WE ARE
THE ONES
WE HAVE BEEN
WAITING FOR...

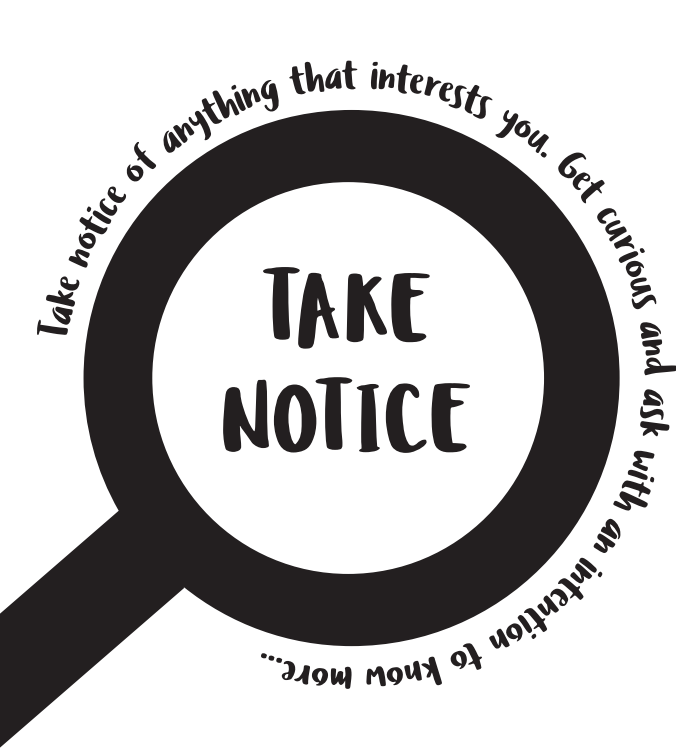


What does a day without

LAZINESS

look like?

Little joys
need an
audience,
big things
are big
anyway.

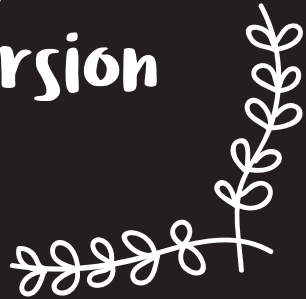


**TAKE
NOTICE**

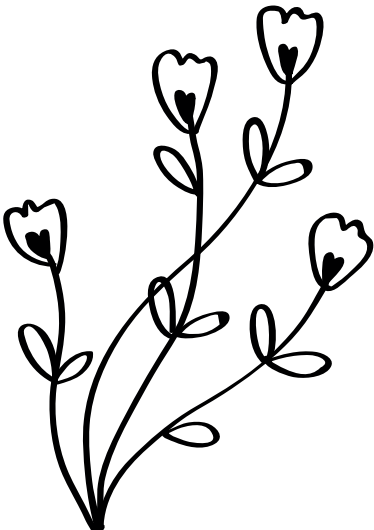
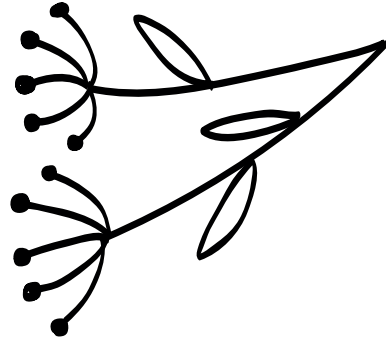
Take notice of anything that interests you. Get curious and ask with an intention to know more...



Every time we ask
a question, we are
generating a
possible version
of life



What do you
need to grow?



Loiter

Let the mind wander



Who made it possible for
you to get here today?





What's your
definition of
HAVING

FUN



Words that hold meaning to me...

What does your acts of care
look like? Feel like?



Explore this journey of
hope and possibilities

This space invites you to be curious and
explore stories about you and your
wonderfulness.

We are intentional, curious and connected

To know more and share your stories,
connect at origamiofbecoming@gmail.com