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ATME

A PROMPT JOURNAL BY KORIE GRIGGS

AUGUST 2023

PROMPT: DO YOU HONOR WHO YOU ARE?

PROMPT: DO YOU VALUE YOURSELF? WHY?

PROMPT: ARE YOU CONFIDENT IN YOUR ABILITIES TO ACHIEVE YOUR DESIRES?

PROMPT: ARE YOU COMFORTABLE WITH THE CONCEPT OF PERSONAL POWER?

PROMPT: DO YOU HONOR YOUR POWER?

PROMPT: WHAT DO I MISS ABOUT MYSELF?

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PROMPT: ARE THERE ASPECTS OF MYSELF THAT I FIND DIFFICULT TO ACCEPT OR ACKNOWLEDGE?

PROMPT: WHAT IS SOMETHING I WANT TO UNLEARN?

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PROMPT: WHEN DO I FEEL THE MOST JOY?

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PROMPT: WHEN DO I FEEL THE MOST ALIVE?

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PROMPT: WRITE ABOUT THE LAST TIME YOU HAD FUN:

PROMPT: WHAT CURRENTLY INSPIRES YOU?

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PROMPT: WHAT COMES TO MIND WHEN I THINK ABOUT WATER?

PROMPT: IF I WERE AN ANIMAL WHAT WOULD I BE AND WHY?

PROMPT: WHAT RELATIONSHIPS IN MY LIFE NEED REPAIR?

PROMPT: WHEN AND WHERE DO I FEEL THE MOST LOVE?

PROMPT: WHERE CAN I SHOW UP MORE FULLY FOR MYSELF?

PROMPT: WHAT ARE MY GOALS FOR THE REMAINDER OF THE YEAR?

PROMPT: WHAT DO I NEED TO HEAR RIGHT NOW?

PROMPT: WHEN WAS I LAST AFRAID AND HOW DID I NAVIGATE THE EMOTION?

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PROMPT: HOW DO I PROCESS ANGER?

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PROMPT: WHAT IS A DREAM I HAVE ACHIEVED?

PROMPT: WHEN DO I FEEL THE MOST ATTRACTIVE?

PROMPT: WHAT ARE MY DEEPEST DESIRES?

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PROMPT: WHAT IS AN AREA OF NEED IN YOUR LIFE THAT IS NOT BEING MET?

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PROMPT: BE DELUSIONAL.

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PROMPT: WHAT EMOTION DO I MISS EXPERIENCING?

PROMPT: WHERE IS JOY MOST PRESENT IN MY LIFE?

PROMPT: HOW DO I FEEL THE MOST CARED FOR?

PROMPT: WHAT DO I BELIEVE ARE BLIND SPOTS IN MY LIFE?

PROMPT: GIVE YOURSELF ROOM.

A NOTE FOR YOU:
ALIGNMENT IS ALIGNMENT IS ALIGNMENT.
YOU ARE EXACTLY WHERE YOU'RE MEANT
TO BE.
WE ARE HERE.
WE ARE THERE.
THIS IS AN INVITATION.
IT'S OUR WORK TO SHOW UP.

ARE YOU GOING TO SHOW UP?

BIG LOVE KORIE GRIGGS