

### PROMPT: WHAT IS STANDING IN THE WAY OF YOUR NEEDS?

### PROMPT: WHEN DO YOU FEEL THE MOST YOURSELF?

# PROMPT: IF YOU COULD CARRY ANY REMINDER WITH YOU WHAT WOULD IT BE?

### PROMPT: WHAT ARE YOU SETTLING FOR?

### PROMPT: WRITE ABOUT A MEMORY THAT BRINGS YOU JOY:

# PROMPT: WHAT SEEDS DO YOU NEED TO WATER?

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### PROMPT: WHERE DO YOU NEED TO MAKE ROOM IN YOUR LIFE?

### PROMPT: WRITE A LETTER TO SOMEONE YOU LOVE:

### PROMPT: WHAT DO YOU NEED TO RELEASE FROM YOUR LIFE?

### PROMPT: WHO MAKES YOU FEEL SEEN?

# PROMPT: WRITE ABOUT A TIME YOU COMPROMISED YOURSELF. WILL IT HAPPEN AGAIN?

# PROMPT: WHAT WOUND ARE YOU AVOIDING HEALING?

### PROMPT: WHAT DOES YOUR NAME MEAN TO YOU?

## PROMPT: WHAT ARE YOU WRESTLING?

# PROMPT: HOW DO YOU FEEL CELEBRATED?

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#### PROMPT: WHAT MAKES YOU FEEL WARM?

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#### PROMPT: DESCRIBE HOME.

#### PROMPT: WHAT ARE YOU PROUD OF?

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## PROMPT: WRITE ABOUT WHAT YOU LEAN ON.

## PROMPT: WHAT TRUTHS DO YOU NEED TO SAY OUT LOUD?

#### PROMPT: GIVE YOURSELF CREDIT.

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PROMPT: HOW DOES YOUR HEART FEEL?

# PROMPT: WHAT BRINGS YOU COMFORT?

#### PROMPT: WRITE ABOUT DARKNESS:

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### PROMPT: WHAT FEELING DO YOU AVOID?

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### PROMPT: WHERE DO YOU EXPERIENCE LACK?

# PROMPT: WHERE DO YOU EXPERIENCE EASE?

## PROMPT: WHERE DO YOU FEEL ANGER IN YOUR BODY?

#### PROMPT: DO YOU FEEL CALLED?

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## PROMPT: WHERE DO YOU NEED SUPPORT?

#### PROMPT: WHAT ARE YOUR HOPES?