

A PROMPT ZINE
BY KORIE "KP" GRIGGS

**FEBRUARY 2023** 

#### PROMPT: WHAT IS HARD RIGHT NOW?

# PROMPT: HOW ARE YOU BEING KIND TO YOURSELF?

## PROMPT: WHAT IS SOMETHING YOU'VE RECENTLY LEARNED?

/	/

## PROMPT: WHEN WAS THE LAST TIME YOU LIED AND WHY?

#### PROMPT: IN WHAT AREAS DO YOU NEED TO BE STRETCHED?

### PROMPT: WHAT DOES IDENTITY MEAN TO YOU?

### PROMPT: WHAT DO YOU WANT FOR YOUR FUTURE SELF?

### PROMPT: WHAT WOULD THIS CHAPTER OF YOUR LIFE BE CALLED AND WHY?

/	/

### PROMPT: WHAT DO YOU WANT MORE OF IN YOUR LIFE?

/	

#### PROMPT: DESCRIBE YOUR PERFECT NIGHT:

			/	/	
-					

### PROMPT: WHAT IS YOUR FAVORITE SENSE TO EXPERIENCE AND WHY?

#### PROMPT: WHAT ARE YOU WORRIED ABOUT?

	/

### PROMPT: WHO DO YOU NEED TO FORGIVE AND FOR WHAT?

1	/

### PROMPT: WHAT IS STOPPING YOU FROM LETTING GO?

/	

### PROMPT: WHAT DOES HEARTBREAK FEEL LIKE TO YOU?

	,

#### PROMPT: WHAT COLOR IS LOVE?

/	/

#### PROMPT: WHAT ARE YOU ANGRY ABOUT?

_			
-			

#### PROMPT: HOW WOULD YOU DESCRIBE YOURSELF TO A STRANGER?

#### PROMPT: WRITE ABOUT WHAT BREAKS YOUR HEART:

## PROMPT: WHAT IS BRINGING YOU JOY RIGHT NOW?

#### PROMPT: WHAT ARE YOU THANKFUL FOR?

/	/

### PROMPT: WHAT OR WHO IS NO LONGER SERVING YOU?

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

/	/-

PROMP	To	WHO	S THE	FIRS	T PERSON	YOU
THAW	TO	CALL	WHEN	YOUR	DREAMS	COME
				MHAS.		

PROMPT: IF YOU COULD CHANGE ONE THING RIGHT NOW WHAT WOULD YOU CHANGE AND WHY?

#### PROMPT: WRITE ABOUT THE SOUND OF LAUGHTER AND WHERE IT'S COMING FROM:

/	1

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

/	/

### PROMPT: WHATS THE HARDEST REALITY IN YOUR LIFE?

A NOTE FOR YOU?

I DON'T THINK IT'S EVER ABOUT HAVING ALL THE ANSWERS, BUT RATHER JUST BEING IN CONTINUAL PURSUIT OF WHATEVER IT TAKES TO BE OUR BEST SELVES. I CHOOSE TO DO SO THROUGH WRITING. ONE WORD AT A TIME AND HOPEFULLY PAGE BY PAGE I LEARN MYSELF IN MORE HONEST WAYS. I ENCOURAGE YOU TO SURPRISE YOURSELF. THE YOU THAT YOU HAVE KNOWN WILL GROW, EVOLVE AND CHANGE AS YOU HEAL. LEAN IN TO ACCEPTING EACH VERSION OF YOURSELF BECAUSE EACH ONE IS NECESSARY AND IMPORTANT TO THE JOURNEY.

BIG LOVE KORIE "KP" GRIGGS