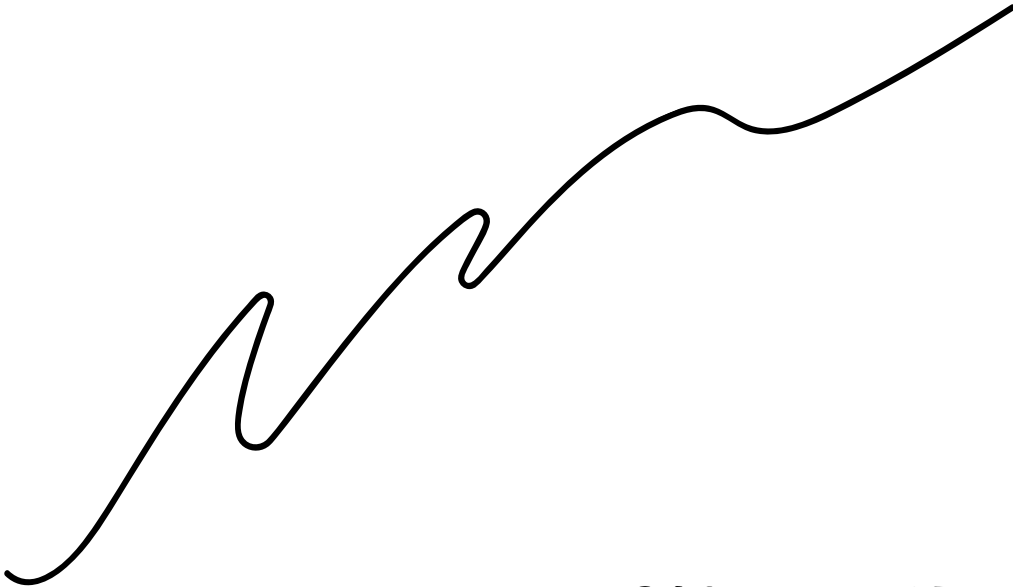
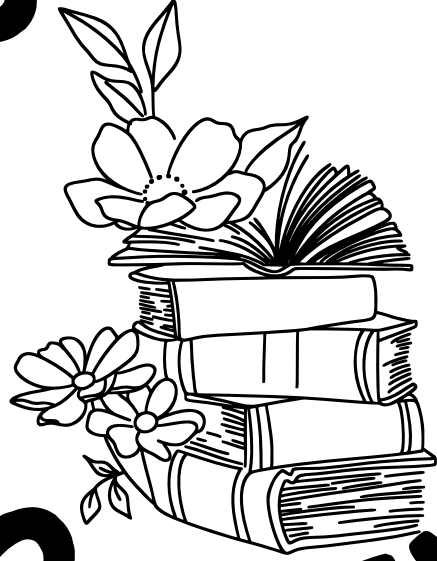




ONE WORD AT A TIME



**A PROMPT ZINE
BY KORIE "KP" GRIGGS**

FEBRUARY 2023

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