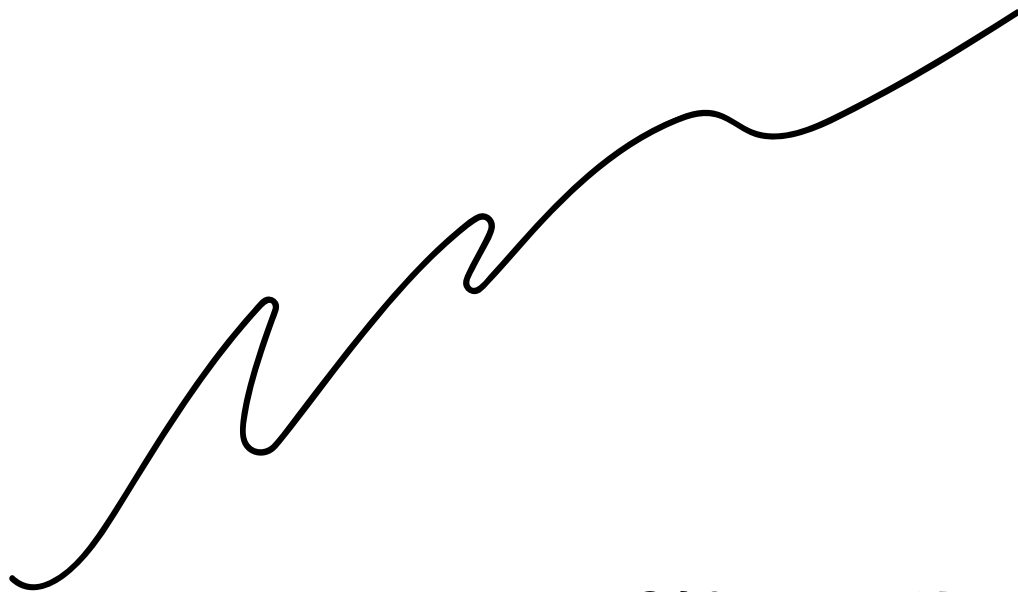
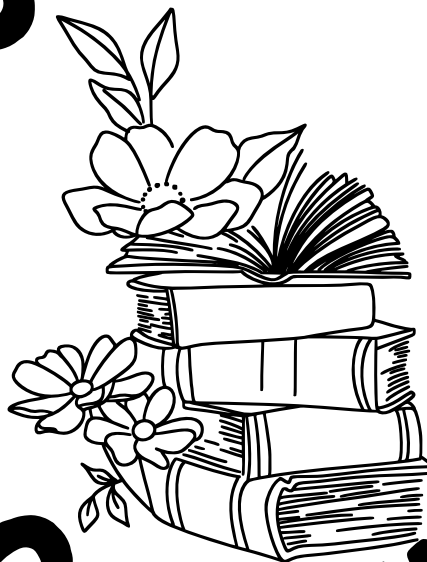


ONE WORD AT A TIME



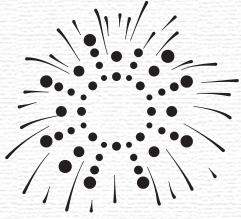
**A PROMPT ZINE
BY KORIE "KP" GRIGGS**

JANUARY 2023

PROMPT: WHAT ARE YOU AFRAID TO ADMIT OR SAY OUTLOUD?

/ /

Lined writing area with 20 horizontal lines.



A NOTE FOR YOU:

KEEP LEANING INTO HEALING AND KNOWING YOURSELF EVER DEEPER. THERE'S NO TIME LIKE THE PRESENT. BE PROUD OF YOURSELF FOR EVERY MOMENT YOU SHOWED UP. EXTEND GRACE FOR EVERY MOMENT YOU DIDN'T. EVEN WHEN YOU FEEL YOU GAVE YOUR LEAST, THAT WAS MORE THAN ENOUGH. GROWING TAKES TIME AND IS OFTEN PAINFUL ALONG THE WAY. HONOR THE JOURNEY BY TRUSTING THE PROCESS. PRACTICE GRATITUDE.

BIG LOVE

KORIE "KP" GRIGGS

