

A PROMPT ZINE

BY KORIE "KP" GRIGGS

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PROMPT: WRITE ABOUT TOUCHING THE SKY

PROMPT: CAST THE BIOPIC OF YOUR LIFE. WHO PLAYS WHO AND WHY?

PROMPT: WHERE ARE YOU EXPERIENCING HESITANCY?

PROMPT: WHAT MEMORY WOULD YOU EXPERIENCE AGAIN IF YOU COULD?

PROMPT: WHAT GROWING PAINS ARE YOU EXPERIENCING?

PROMPT: WRITE ABOUT YOUR PROUDEST MOMENT

PROMPT: WRITE A LETTER TO YOUR EGO

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PROMPT: WHAT ARE YOU AFRAID OF?

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PROMPT: WRITE A RECIPE FOR YOUR PERFECT COMFORT

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PROMPT: HOW DO YOU LOVE YOURSELF BEST?

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PROMPT: WRITE ABOUT YOUR RELATIONSHIP TO THE EARTH

PROMPT: WHAT ARE YOU GROUNDING PRACTICES?

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PROMPT: WRITE OUT YOUR IDEAL DAY FROM BEGINNING TO END

PROMPT: WHAT IS A CYCLE YOU FIND YOURSELF EXPERIENCING?

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

PROMPT: WRITE ABOUT A HERO IN YOUR LIFE

PROMPT: WHAT ANIMAL DO YOU RESONATE WITH THE MOST AND WHY?

PROMPT: WHEN DO YOU FEEL YOUR MOST AUTHENTIC SELF?

PROMPT: WHAT IS A WOUND YOU WISH YOU COULD IMMEDIATELY HEAL?

PROMPT: WHERE IN YOUR LIFE ARE YOU LACKING BOUNDARIES?

PROMPT: WHAT DO YOU FEEL WHEN YOU LOOK AT THE STARS?

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PROMPT: WHAT AND OR WHO ARE YOU AFRAID TO LOSE?

PROMPT: WHERE DO YOU FEEL THE MOST PEACE?

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PROMPT: WRITE ABOUT A MOMENT YOU EXPERIENCED JOY

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PROMPT: WHAT IS SOMETHING YOU HOPE YOU NEVER FORGET?

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PROMPT: WHAT MAKES YOU ANGRY? HOW DO YOU EXPRESS IT?

PROMPT: WHO DO YOU CALL DURING THE BIG MOMENTS IN YOUR LIFE? WHY?

PROMPT: HOW ARE YOU REALLY DOING TODAY?

PROMPT: WHAT SONG BEST REFLECTS YOUR LIFE RIGHT NOW AND WHY?

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A NOTE FOR YOU'S

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.

BIG LOVE KORIE "KP" GRIGGS

