

TIME

A PROMPT JOURNAL BY KORIE "KP" GRIGGS

JULY 2023

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PROMPT: HOW CAN I BETTER HONOR MY NEEDS?

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PROMPT: WHAT ARE MY CURRENT GOALS?

PROMPT ; WHAT AM I PROUD OF?

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PROMPT: WHAT DO I NEED TO RELEASE?

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PROMPT: WHO DO I BELIEVE MYSELF TO BE?

PROMPT: WHEN AND WHERE DO I FEEL THE MOST MYSELF?

PROMPT: WHERE IS LACK PRESENT IN MY LIFE?

PROMPT: WHAT MOVEMENT HAVE I BEEN DELAYING?

PROMPT: HOW CAN I BE MORE DISCIPLINED?

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PROMPT: WHAT DO I DOUBT?

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PROMPT: WHERE DOES HOPE PRESENT ITSELF IN MY LIFE?

PROMPT: WHEN DO I FEEL STRONG?

PROMPT: WHAT AREAS OF MY LIFE ARE STRENUOUS?

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PROMPT: AM I UNCONDITIONALLY HONEST WITH MYSELF?

PROMPT: WHAT IS YOUR DEFINITION OF LOVE?

PROMPT: WHAT PATTERNS ARE YOU BREAKING?

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PROMPT: WHAT IS A REPETITIVE CYCLE IN YOUR LIFE?

PROMPT: AFFIRM YOURSELF:

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PROMPT: WRITE ABOUT A MIRACLE YOU'VE EXPERIENCED:

PROMPT: WHEN DO YOU FEEL PROUD OF YOURSELF?

PROMPT: WHAT OR WHO ARE YOU CURRENTLY GRIEVING?

PROMPT: WHEN AND WHERE DO YOU FEEL THE MOST SEEN AND HEARD?

PROMPT: WHAT IS CURRENTLY BLOCKING YOU?

PROMPT: WHAT IS AN AREA OF NEED IN YOUR LIFE THAT IS NOT BEING MET?

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PROMPT: WHAT ARE YOUR MEASUREMENTS OF FORGIVENESS?

PROMPT: WHAT EMOTIONS ARE PLAYING A DRIVING FORCE IN YOUR LIFE?

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PROMPT: WRITE ABOUT YOUR PERFECT DAY OF REST:

PROMPT: HOW DOES JUDGEMENT SHOW UP IN YOUR LIFE?

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PROMPT: HOW DOES TRANSITION IMPACT YOU?

PROMPT: GIVE YOURSELF ROOM.

A NOTE FOR YOU?

I CONTINUE TO FIND MYSELF STRUGGLING WITH TRANSITIONS WHICH IS INCREDIBLY FRUSTRAITING TO ME BECAUSE I FEEL AS THOUGHT I SHOULD BE MORE COMFORTABLE AMIDST TRANSITION. THE MAJORITY OF MY LIFE HAS BEEN SPEND IN SEASONS OF TRANSITIONS BUT I AM BEGINNING TO UNDERSTAND THAT REGARDLESS HOW OFTEN YOU HAVE AN EXPERIENCE THAT DOESN'T MEAN YOU'VE MASTERED IT. WE'RE NEVER THE SAME PERSON) SO HOW WE APPROACH A FAMILIAR FEELING MAY CREATE DIFFERENT RESULTS. I'VE COME TO KNOW WE MUST TAKE OUR TIME WHILE GIVING OURSELVES ROOM TO BECOME THROUGH EACH AND EVERY TRANSITION. WELCOME THE NEWS HONOR THE OLD AND GIVE THANKS FOR THE PROCESS.

> BIG LOVE KORIE "KP" GRIGGS