

ONE

WORD

AT

A

TIME

TRUST THE PROCESS

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

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PROMPT: WHAT AM I PROUD OF?

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Lined writing area with 20 horizontal lines.

PROMPT: WHAT IS CURRENTLY BLOCKING YOU?

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A series of horizontal lines for writing, consisting of 18 lines in total.

PROMPT: WHAT ARE YOUR MEASUREMENTS OF FORGIVENESS?

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Lined writing area with 20 horizontal lines for text entry.

PROMPT: GIVE YOURSELF ROOM.

A NOTE FOR YOU:

I CONTINUE TO FIND MYSELF STRUGGLING WITH TRANSITIONS; WHICH IS INCREDIBLY FRUSTRATING 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 TRANSITION, 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 NEW, HONOR THE OLD AND GIVE THANKS FOR THE PROCESS.

BIG LOVE

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