JUNE 2023

A PROMPT JOURNAL BY KORIE "KP" GRIGGS

TIME

EXPLORE YOUR INNER LANDSCAPE

MORD

ONE

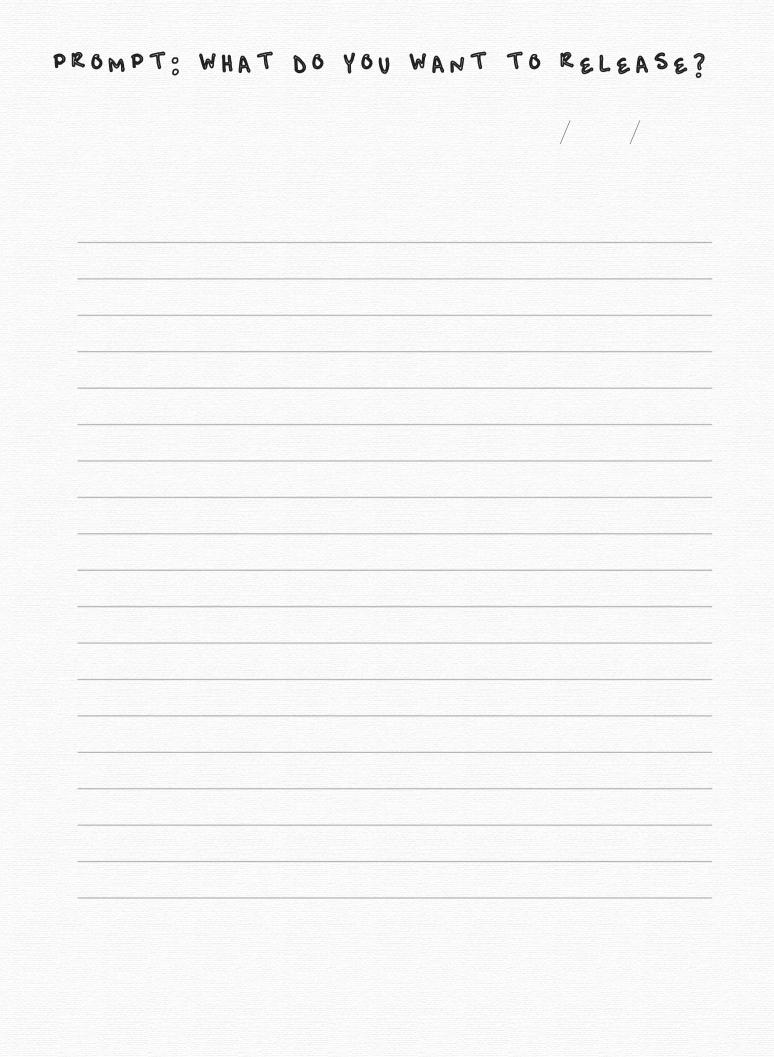
PROMPT ; WHAT DO YOU LOVE ABOUT YOURSELF? / /

PROMPT: WHERE ARE DELAYS OCCURRING IN YOUR LIFE?

PROMPT: WHAT ARE YOUR CURRENT GOALS? / /

PROMPT: WHAT IS YOUR MEASURE OF FORGIVENESS?

PROMPT: WHERE IS DISTRACTION PRESENT IN YOUR LIFE?



PROMPT: WHAT IS BRINGING YOU JOY IN THIS SEASON?

PROMPT: WHO ARE YOU HOLDING BACK FROM? AND WHAT DO YOU NEED TO SAY?

PROMPT: WHAT CHANGES DO YOU WANT TO EXPERIENCE?

PROMPT: WHERE DO YOU FEEL STAGNATION IN YOUR LIFE?

PROMPT: WRITE ABOUT THE DREAMS YOU HAVE FOR YOURSELF:

PROMPT: WHAT HAVE YOU LEARNED IN THE PAST SIX MONTHS?

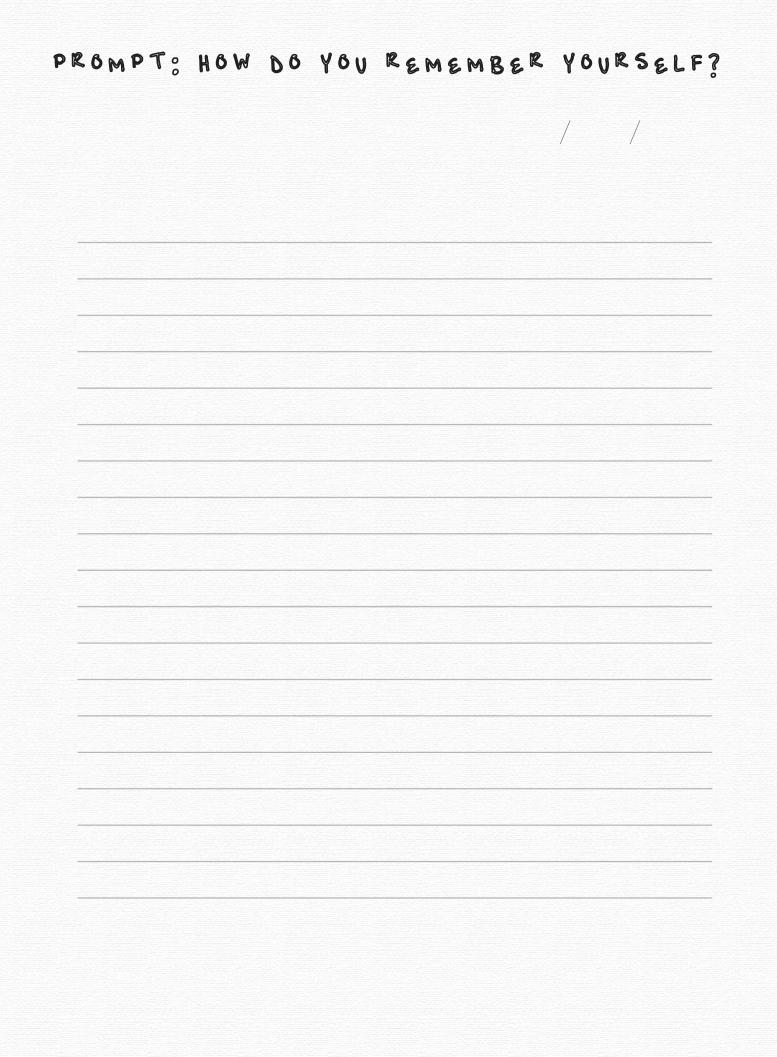
PROMPT: WHAT DO YOU DESIRE TO HAVE MORE OF IN YOUR LIFE?

PROMPT: WHAT BRINGS YOU PLEASURE? / /

PROMPT ; PRACTICE GRATITUDE ;

/	

PROMPT: WHERE DO YOU FIND YOUR STRENGTH?



PROMPT ; WHAT DOES RESPECT MEAN TO You?

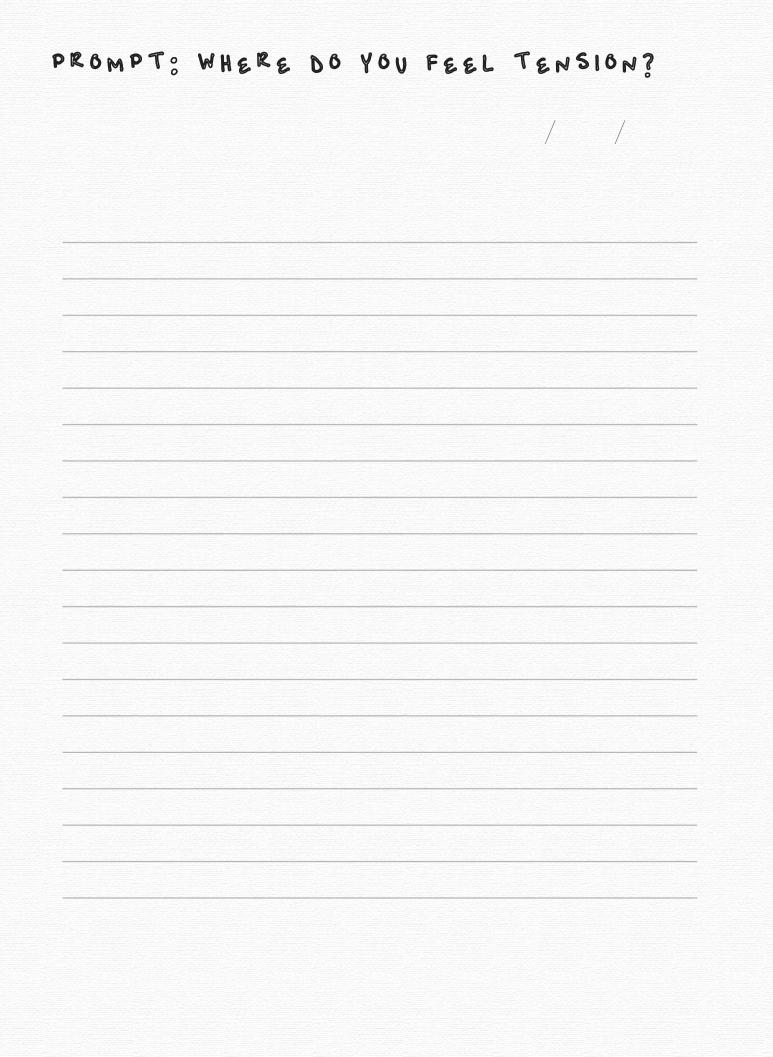
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PROMPT: WRITE ABOUT SOMETHING NEW YOU'D LIKE TO TRY AND THEN TRY IT.

/

PROMPT: WHAT BRINGS YOU PEACE? / /

PROMPT: WHAT DOES IT FEEL LIKE TO CHOOSE YOURSELF?



PROMPT: WHERE DO YOU NEED PRACTICE IN YOUR LIFE?

/

PROMPT ; WRITE A LETTER TO YOUR FUTURE SELF ;

PROMPT: WHEN AND WHERE DO YOU FEEL THE MOST YOURSELF?

PROMPT: WHO ARE YOU WHEN YOU ARE BY YOURSELF?

/

PROMPT ; WHAT ARE YOU AFRAID OF? / /

PROMPT: WHAT DOES SELF BELIEF MEAN TO YOU?

/

PROMPT: WHEN HAVE YOU EXPERIENCED SELF BETRAYAL?

/

PROMPT ; GIVE YOURSELF ROOM.

A NOTE FOR YOU? TIME MOVES AT A PACE WE CAN RARELY UNDERSTAND. WE ARE HALF WAY THROUGH THE YEAR 2023 AND IT FEELS LIKE IT ONLY JUST BEGANO WHAT ARE WE REALLY DOING WITH OUR TIME? ARE WE USING IT WISELY? THE TIME WE SPEND WITH OURSELVES IS SACRED AND SHOULD BE TREATED AS SUCH. WHEN WE TAKE TIME TO EXPLORE OUR INNER LANDSCAPE WE ARE ABLE TO REFLECT OUR FINDINGS INTO OUR EXTERNAL EXPERIENCES. DO YOU LIKE WHAT YOU FIND WHEN YOU'RE TRAVELING WITHIN YOURSELF? DO YOU RECOGNIZE WHO YOU ARE OUT IN THE WORLD? SIT WITH WHO YOU ARE. YOU ARE BEAUTIFUL TO KNOW. YOU DESERVE TO BE KNOWN.

> BIG LOVE Korie "Kp" griggs