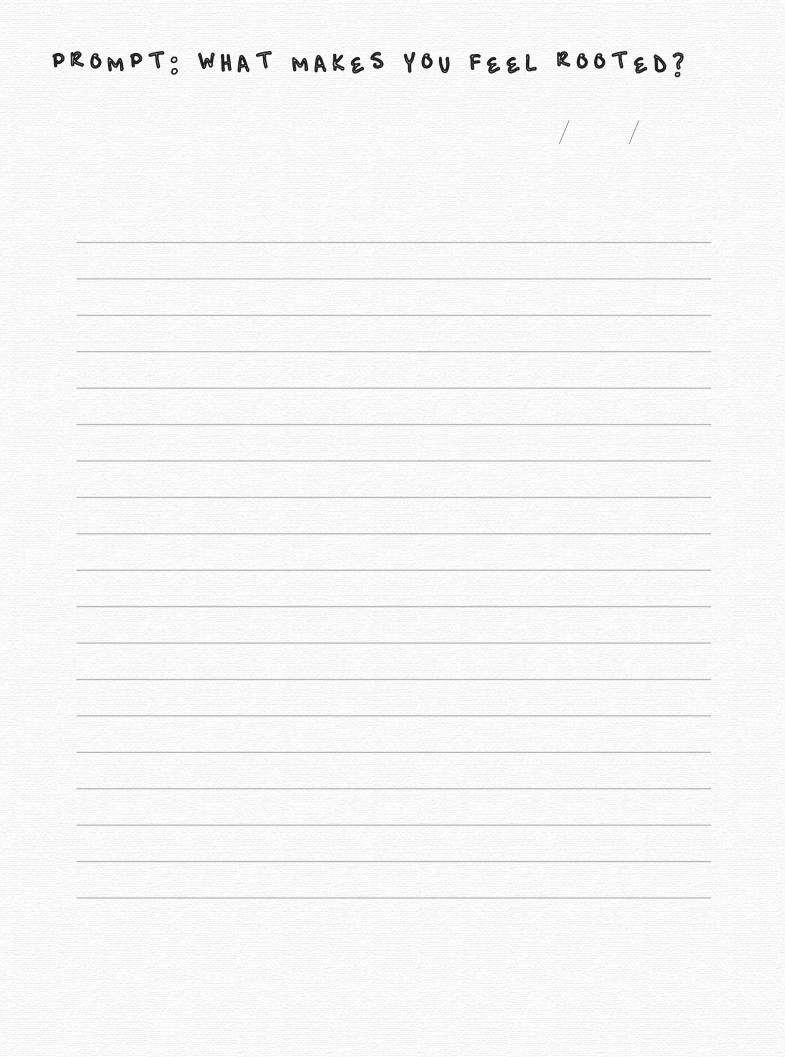


A PROMPT ZINE BY KORIE "KP" GRIGGS





PROMPT: WHAT IS YOUR DEFINITION OF LOVE?

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PROMPT: WHAT IS A GOAL YOU'RE WORKING TOWARDS?

PROMPT: WHAT IS YOUR GREATEST OBSTACLE RIGHT NOW?

PROMPT: WHEN DO YOU LOVE YOURSELF THE BEST?

PROMPT: HOW CAN YOU LOVE YOURSELF BETTER?

/ /

PROMPT: WHAT AREAS DO YOU WANT TO SEE GROWTH?

PROMPT: IMAGINE A WAITING ROOM. WHAT IS IN THE ROOM WITH YOU?

PROMPT: DESCRIBE YOUR PERFECT MORNING. / /

PROMPT: WHO GETS THE BEST OF YOU AND WHY?

PROMPT: LIST NEW THINGS YOU'D LIKE TO TRY.

PROMPT: WHERE DO YOU NEED TO EXTEND GRACE?

PROMPT ; WHAT IS WORRYING YOU?

/ /

PROMPT: WRITE A LETTER TO SOMEONE YOU NEED TO FORGIVE.

PROMPT: DESCRIBE YOURSELF HOW YOU WOULD LIKE OTHERS TO DESCRIBE YOU.

/

PROMPT ; WHAT IS YOUR BIGGEST DREAM RIGHT NOW? /

/

PROMPT ; WHAT DO YOU BELIEVE IN? / /

PROMPT: WRITE 10 AFFIRMATIONS ABOUT YOURSELF.

PROMPT: THINK OF THE SEEDS YOU'VE PLANTED. WHAT ONES ARE GROWING?

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PROMPT ; WRITE ABOUT A BEGINNING. / /

PROMPT PRACTICE GRATITUDE.

/	/



PROMPT ; GIVE YOURSELF FLOWERS.

/	

PROMPT ; WHAT DID YOU LEARN TODAY? / /

PROMPT: WHERE DO YOU WANT TO SEE YOURSELF?

/

/

PROMPTS WRITE ABOUT WHAT YOU WILL DO. I WILL ...

PROMPTS SPEAK LIFE I AM ...

/ /

PROMPT ; WHO DO YOU MISS AND WHY? / /

PROMPT: WRITE ABOUT YOUR IDEAL CELEBRATION.

PROMPT: WRITE A LETTER TO YOUR FUTURE SELF.

PROMPT: WHAT COLOR ARE YOU FEELING? / /

BIG LOVE KORIE "KP" GRIGGS

FOR ME IT'S JUST ABOUT SHOWING UP IN LOVE AND LOVING WELL WHILE I'M HERE. SOMETIMES THAT RESULTS IN BEGINNINGS THAT ARE MORE LONELY THAN OTHERS. MY PRAYER IS THAT YOU FIND YOURSELF LESS LONELY AMIDST THESE PAGES AND THAT YOUR WORDS REVEAL EVERYTHING YOU'RE SEARCHING FOR.

A NOTE FOR YOU: WE BEGIN AGAIN TIME AND TIME AGAINO I HAVE FOUND THAT LIFE IS A SERIES OF BEGINNINGS AND THERE'S REALLY NEVER AN ENDINGO EACH TIME WE ARRIVE TO A NEW BEGINNING WE GET TO SHOW UP AND LEARN FROM THE PAST CHAPTERS OF OUR LIFEO