

PROMPT: SET SOME INTENTIONS FOR THE MONTH AHEAD:

PROMPT: IF YOU COULD TRAVEL IN TIME WHERE WOULD YOU GO AND WHY?

11/ 2 /2022

IF I COULD TIME TRAVEL I WOULD ALWAYS CHOOSE
TO TRAVEL TO A TIME WHERE I FEEL
THE MOST MYSELF
WITH THIS IN MIND
I MAY ONLY MOVE FORWARD IN TIME
BECAUSE I CONTINUE TO STEP MORE AND MORE
INTO MYSELF WITH EACH PASSING DAY
FORWARD MOTION
ALWAYS ALL WAYS

PROMPT: WRITE A LETTER FROM YOUR YOUNGER SELF TO YOUR PRESENT SELF:

PROMPT: WHAT ARE YOUR WILDEST DREAMS?

PROMPT: WRITE ABOUT A TIME YOU FELT COMPLETELY FREE:

PROMPT: DO YOU SEE YOURSELF AS OTHERS SEE YOU?

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PROMPT: WRITE ABOUT PERCEPTION VS. REALITY.

PROMPT: PRACTICE GRATITUDE...

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PROMPT: MAKE A JOY LIST:

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PROMPT: WHAT RELATIONSHIP NEEDS TO BE MENDED IN YOUR LIFE?

PROMPT: WHAT IS A HABIT YOU'D LIKE TO BREAK?

PROMPT: WHAT IS A HABIT YOU'D LIKE TO BEGIN?

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PROMPT: WRITE ABOUT THE WEATHER:

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

PROMPT: WHAT WAS YOUR MORNING LIKE?

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PROMPT: CREATE A WORLD IN YOUR FAVORITE COLOR:

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PROMPT: WHERE DOES GRACE NEED TO BE MORE PRESENT IN YOUR LIFE?

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PROMPT: WHAT ANIMAL WOULD YOU BE AND WHY?

PROMPT: DESCRIBE THE LAST TIME YOU CRIED:

PROMPT: WHAT IS THE DEFINITION OF SUCCESS FOR YOURSELF?

PROMPT: DECRIBE YOUR FINDINGS IN A TREASURE BOX.

PROMPT: CREATE A RECIPE OF YOURSELF:

PROMPT: WRITE A LETTER TO SOMEONE YOU NO LONGER KNOW OR SEE.

PROMPT: WHAT'S THE HARDEST EMOTION FOR YOU TO NAVIGATE RIGHT NOW?

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PROMPT: WHAT DO YOU NEED HELP

NOW, ASK FOR HELP.

PROMPT: WHERE DO YOU FEEL TENSION IN YOUR BODY?

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PROMPT: DESCRIBE YOUR PERFECT

NOW, GO TAKE A BREAK.

PROMPT: WHAT ARE YOU MOST EXCITED FOR AND WHY?

PROMPT: WRITE ABOUT WARMTH: