

NOVEMBER 2022

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

11 / 2022

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

PROMPT: WHAT ARE YOUR WILDEST DREAMS?

## PROMPT: WRITE ABOUT A TIME YOU FELT COMPLETELY FREE:

## PROMPT: WRITE ABOUT PERCEPTION VS. REALITY.

PROMPT: MAKE A JOY LIST:

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?

PROMPT: WRITE ABOUT THE WEATHER:

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

PROMPT: WHAT WAS YOUR MORNING
LIKE?

PROMPT: DESCRIBE A WORLD WHERE YOUR FAVORITE COLOR IS THE MOST PROMINENT COLOR IN EVERY SCENE.

PROMPT:CREATE A WORLD IN YOUR
FAVORITE COLOR:

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

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: WHATS THE HARDEST
EMOTIONFOR YOU TO NAVIGATE RIGHTNOW?

PROMPT: WHAT DO YOU NEED HELP WITH?

NOW, ASK FOR HELP.

PROMPT: WHEREDO YOU FEEL TENSION IN YOUR BODY?

## PROMPT: DESCRIBE YOUR PERFECT DAY OFF:

PROMPT: WHAT ARE YOU MOST EXCITEDFOR AND WHY?

