

OCTOBER 2022

## PROMPT: CREATE A WORD OR SENTENCE THAT FEELS DESIGNED FOR YOU.

PROMPT: WHAT DID YOU DREAM ABOUT RECENTLY?

PROMPT: WRITE ABOUT THE FIRST THING THAT COMES TO YOUR MIND.

PROMPT: WHEREDO YOU GO WHEN
YOU'RE LONELY?

PROMPT: WRITE EVERYTHING YOU'RE AFRAID TO SAY OUTLOUD.

PROMPT: GO OUTSIDE AND WRITE ABOUT YOUR EXPERIENCE.

PROMPT: WHO COULDN'T YOU LIVE WITHOUT AND WHY?

PROMPT:WHAT ARE YOU HOLDING ONTO?

PROMPT: AFFIRM YOURSELF.

PROMPT: TALK TO THE MOON.

PROMPT:TAKE UP SPACE WITH THE COLOR YOUR FEEL:

PROMPT: WHAT FLOWER WOULD YOU BE AND WHY?

PROMPT: WHAT HAVE YOU BEEN CARRYING? LAY IT DOWN.

PROMPT: WRITE A LETTER TO AN EMOTION.

PROMPT: WHAT DO YOU WANT FOR YOURSELF?

PROMPT: WHAT ELEMENT WOULD YOU BE AND WHY?

PROMPT: WHATS BENEATH YOUR
FEET?

PROMPT: WHO DO YOU NEED TO FORGIVE?

