

OCTOBER 2022

PROMPT: WHAT DOES 'BY ANY MEANS NECESSARY' MEAN TO YOU?

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

PROMPT: WHAT DID YOU DREAM ABOUT RECENTLY?

PROMPT: WHAT MAKES YOU SMILE?

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

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PROMPT: WHERE DO YOU GO WHEN YOU'RE LONELY?

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

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PROMPT: PRACTICE GRATITUDE...

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PROMPT: GO OUTSIDE AND WRITE ABOUT YOUR EXPERIENCE.

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

PROMPT: WHAT ARE YOU HOLDING ONTO?

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PROMPT: WRITE ABOUT LETTING GO.

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PROMPT: WHEN DO YOU FEEL THE MOST YOURSELF?

PROMPT: WRITE ABOUT COMFORT.

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PROMPT: AFFIRM YOURSELF.

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PROMPT: TALK TO THE MOON.

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PROMPT: TAKE UP SPACE WITH THE COLOR YOUR FEEL:

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PROMPT: COMPLIMENT YOURSELF.

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PROMPT: WHAT FLOWER WOULD YOU BE AND WHY?

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

PROMPT: WRITE A SPOOKY POEM.

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PROMPT: DUST OFF THE COBWEBS.

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PROMPT: WHAT BRINGS YOU JOY?

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PROMPT: WRITE A LETTER TO AN EMOTION.

PROMPT: WHAT DO YOU MISS?

PROMPT: WRITE ABOUT ABUNDANCE.

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PROMPT: WHAT DO YOU WANT FOR YOURSELF?

PROMPT: WHAT ARE YOU PROUD OF?

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PROMPT: WHAT ELEMENT WOULD YOU BE AND WHY?

PROMPT: WHAT'S BENEATH YOUR FEET?

PROMPT: WHO DO YOU NEED TO FORGIVE?