

# PROMPT: WHAT WORDS DO YOU HEAR AND IMMEDIATELY FEEL LOVE?

PROMPT: BE HONEST WITH YOURSELF: WHAT ARE YOU PRESENTLY FEELING?

### PROMPT: HOW LONG DO YOU NEED TO BE HELD?

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### PROMPT: WHERE IS PAIN SETTLING IN YOUR BODY?

PROMPT: WHERE DO YOU FEEL SAFE?

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

#### PROMPT: WHAT IS YOUR FIRST STEP IN FORGIVENESS?

#### PROMPT: PRACTICE GRATITUDE...

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#### PROMPT: LET IT ALL OUT...

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#### PROMPT: WHAT DO YOU WELCOME INTO YOUR LIFE?

#### PROMPT: RELEASE...

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### PROMPT: WRITE A LETTER TO FEAR...

### PROMPT: FREEWRITE ABOUT FRIENDSHIP...

#### PROMPT: HONOR YOUR NEEDS...

### PROMPT: WRITE OUT TRUTHS FOR YOURSELF AND YOUR LIFE.

#### PROMPT: AFFIRM YOURSELF.

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### PROMPT: WRITE TO YOUR FUTURE SELF.

# PROMPT: WRITE ABOUT TIME AND WHAT YOU CAN OR WANT TO DO WITH IT.

## PROMPT: GIVE YOURSELF FLOWERS...