



The power of a journal writing prompt

It could be a question, a statement, a word, a phrase, an image, etc. that is used to inspire and to stimulate creativity for a piece of writing. The connection from your heart to your pen reveals what needs to be seen without ‘thinking’ about it. The meaning behind the words is naturally revealed and becomes known through the freedom of expression onto the paper. It’s an impactful way to gain greater self-awareness, creative flow, and to purify one’s burdens. The power of writing is life affirming.



Instructions:

Find a quiet spot to sit. A place that gives you room to breathe, to be and to feel in solitude. Even a closet or the bathroom can be a sacred space. Ground and center yourself for a few minutes by taking some deep breaths. Breathing in through the nose and out through the mouth. Adding a few audible exhales of release. They feel so good in the body. Once you feel ready, pick up your pen, read the prompt, and begin writing. I encourage you to write as freely as you can without getting into your head too much. Let it flow and don't worry about the product or your preferred quality. This is for you! ❤️

Journal Writing Prompt:

"If I could write a permission slip for my heart this season, it would say..."

