

Write It.

Week One.

“And by the way, everything in life is writable about if you have the outgoing guts to do it, and the imagination to improvise. The worst enemy to creativity is self-doubt.” ~ Sylvia Plath

I believe there is great power in mixing in the alchemy of words. Everyone can write, even though everyone may not consider themselves a writer. When you write you reveal your story. There are countless stories and some may come out that need editing — that you never knew existed. That is a fantastic moment. Sometimes it is simply reinforcing the beauty that you feel and surrounds you. There is no right or wrong in writing. To that end you will find two options below. **Commit to one** for 5 days this week, and then add on or mix and match the options if writing is something you enjoy.

Option One: The Journal Check-In

I love this simple format that [Susannah Conway](#) created and am sharing with you here. Each morning (I do mornings, again replace with a consistent time that will actually work with your life) I sit down and complete these prompts. Some mornings they are short, others are long. The point is the earnest quality, not quantity. It is helpful to see where we have a lot to say, and where we withhold and what story needs to be loved up or changed. I highly encourage this practice for week one to gently open the channels of communication.

- How I feel
- What do I need
- Thoughts I need to clear
- Connect to the Dream

Want More? Option Two: Writing Prompts

Interested in cultivating a deeper writing practice? Now remember, this does not replace the 555, where we show our love for 5 grateful moments. Just saying we need to keep up our rewriting of neural pathways to seek out things to be grateful for....and I love a good journal prompt, so here are 5 for your week. I suggest an 11 minute write. Set a timer, give it a go. *Don't judge*. And if you get stuck, write: What's Next? What's Next? What's Next? What's Next? Until the next thing pops out.

1. Read this poem, and then write from wherever it takes you:

“when you are struggling

in your

writing (art).

it usually means

you

are hearing one thing.

but

writing (creating) another.

— honest | risk

by nayyirah weed

2. The story of me (today)...

3. “If you really want to know what I would have said...”

4. Go outside and sit for 5 minutes without your phone, without a book, with just your self and listen + then write from there.

5. Create YOUR Own Prompt around a meal, food or drink (could be coffee/tea)