

Write It.

Week Two.

Option One: The Journal Check-In

(If you like this - stick with it! and work with option two also; it is short.)

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

WARNING:

This week's option two prompts will be so much better if you are ready to finish them as you read them, they are short — it's a nice way to say no peeking, so that when you do write whatever you want to come out will come out.

Option Two:

1. **Finish this sentence:** If resources didn't matter (maybe you don't have time or you are constrained by finances, let all those drop) and I couldn't fail I would..... (and keep writing, get more detailed, feel it, smell it, taste it, dream it).
2. What is **one action you can take this week** that is the teeniest step of the big dream? Write the first thing that you think of:
3. What artists or creators do you admire? Write them down, famous or known personally. And why? Give at least one reason for each person that comes to your mind.

4. For each attribute you listed write a way you demonstrate the same trait. Yup. I believe you already do, so let's write them out.

Option Three:

If you are wanting to go deeper and longer into your writing prompts as your creative act: find four prompts from this week's content, set a timer for 12 minutes and write from there. It can be a quote that you liked, a line from an interview, or responding to a photo. See where it takes you and trust the journey.

Part of reestablishing your creative aspect is trusting that you already know how to do it!