

Journal Writing Prompts

Date:

Sitting Spot

- What grabbed your attention to to a particular element or item?
- Was it the color, the texture?
- What does it feel like in your hands?
- Is it cool to the touch?
- Is it lightweight or heavy in your hands?
- What makes the item beautiful to you?

Ask your item a question

- Where did it come from?
- Does it have any messages for you?
- What is its purpose?
- Does it have a name?

Exercise & Journal Prompt

Date

Sending your Energy Into A Tree

- How do you feel?
- Did you feel a sudden change within your body?
- Are you all of a sudden thirsty?
- Do you feel bogged down or full of water?
- Do you feel sluggish or full of life?
- Are you happy or sad?
- Do you sense something? Tingles, warmth, cooling?
- Is the tree moving its leaves when before it was not?
- Do you feel a sudden slight breeze touch you?

Ask the tree a question. Something you don't know the answer to.

- How long has it been here?
- Does it have any messages?
- How is it feeling?