



WRITE FROM YOUR SOUL

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Take a deep breath. Get your favorite journal. Pick up your pen and listen. Your soul has a message and it is ready to share its voice on the page. It's time. This is your time to reignite that voice, passion, and message that was so quietly tucked away. Take one prompt at a time, let everything flow on the page and watch the miracles happen.

Writing Prompts

1. This year I will no longer neglect _____.
2. The three things I need to celebrate are _____.
3. I have a great idea, I will follow through with it because _____.
4. I know I will never get an apology from _____ who hurt me. My first steps in healing are_____.
5. My heart and I are having tea/coffee. It told me this truth
_____.
6. Who taught you how to be afraid? What do you want to tell them?
7. Who has inspired you the most? What do you want to tell them?
8. What is your most painful lesson? What blessing do you see from this experience?
9. My voice is powerful because_____.
10. My soul speaks to me most when I _____.

Pick a prompt, write one each day or one a week. Let your soul pour out on the page and allow yourself to be free. This is your time to shine, smile, heal, and practice some self-care. Once you find your flow, create a ritual of journaling. Enjoy your journey and know your voice matters.

Peace & blessings,

Yvette