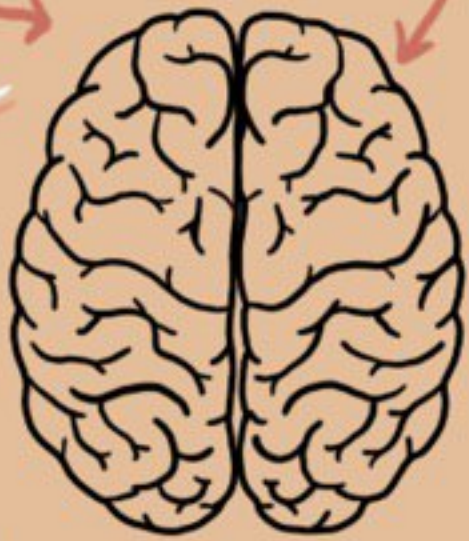


method  
#2

# PROMPTS

simple statements or questions that help focus and clarify writing

left  
more  
"thinking"



right  
more  
"feeling"

can more readily access thoughts and facts

can more readily access feelings and explorations



Try this exercise in small groups and share!

## STATEMENTS

I want to overcome ...  
I feel more at peace when ...  
If I released my fears ...  
if I spoke my truth, I would say ...

## QUESTIONS

Why do I feel out of place?  
What would I do if I knew I could not fail?  
Where am I going?  
What is my heart's desire?

Remember to:

- Set a timer
- Don't let your pen leave the paper
- Even if nothing related to the question(s) come to mind, just continue writing

## QUESTIONS (4 MINUTES EACH)

1. What am I most grateful for today?
2. I feel most peaceful when...
3. My favourite place to take a break is...

## REFLECTION QUESTIONS

Read through what you've written.  
Write a sentence to review what you've written.  
What struck out to you as you read what you've written?

Share this in your small group.

