



**Directed Writing Prompts.** Write short paragraphs on each question, without overthinking or judgement. Allow what comes, to flow through you on to the page. The goal is to find an insight, but don't focus on that, just write. If there is no insight today, there will be one on another day. Keep writing daily, Set a timer if it helps to keep the focus on the writing. It's best to hand write on paper. Even if you can't address every prompt, the exercise will help you find insights.

Question of the Day -

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First Thoughts on this question

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How is this showing up now?

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How has it shown up in the past?

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What are your feelings about it?

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What possibilities exist?

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What do you need?

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What are you avoiding?

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What's true?

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What is untrue?

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What do you dream of?

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What is pushing against your dream?

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What are some possible options?

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What matters here?

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What could go wrong?

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What can you do to reduce the risk?

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What could be a first step?

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And a second?

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And a third?

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What would you most like to see happen?

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What are you keeping secret about this?

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What is the insight of the day?

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