

Journaling Prompts

One way to use the InspireMe! card deck
by Lyssa Adkins & Deborah Preuss

<http://is.gd/inspiremelyssa>

Pick a card that appeals to you, for any reason.

Write your answers to the following questions in your journal:

1. Spend one minute in silence with the card. Notice on how it connects to something you have experienced.
2. The past: From that story you remembered, write down three things you are proud of. Ignore anything negative for now.
3. The future: Imagine a real future scenario in your own life, when you could use this card's advice.
4. The present: consider the card a personal advisor who knows you well. Write down 3 pieces of specific advice it might give you. Include both Being and Doing.
5. Next step: imagine creating a fridge magnet to help you remember to implement this advice. Write this phrase or sentence on a PostIt and put it where you'll see it often.

a bigger game.TODAY

Journaling Prompts

1. Write 1 page inspired by your favourite quote.
2. List what makes you happy.
3. "The most surprised I've ever been was ..."
4. What did I do as a child that I'd love now?
5. Done with something? Write it a breakup letter.
6. What made you feel good this week?
7. List: 3 things I'd do if I had the courage / cash.
8. How would your best friend describe you?
9. Write 1 page inspired by a piece of art or music.
10. What's your (perhaps secret) superpower?
11. List the people you admire: living, dead, fictional.
12. Describe the best job you ever had. (or never had)
13. List ways your life is different from your parents'.
14. "If I could change the world..."
15. Write your No Compromise list
16. List: things to remember next time things go wrong.

Tip: to get a daily prompt, follow @retroreflection on Twitter

a bigger game.TODAY