



CREATIVE WRITING

**** Call Lindsey (x2755) or Barbara (x2761) if
you have questions**

Writing Prompts

****Choose any of the following writing prompts that interests you. You can use 1 or all of them- your choice!! (You DO NOT have to choose them in order)****

- ❖ My favorite way to spend the day is.....
- ❖ If I could talk to my teenage self, the one thing I would say is....
- ❖ Write a letter to your teenage self
- ❖ Make a list of 30 things that make you smile
- ❖ The words I'd like to live by are....
- ❖ I couldn't imagine living without....
- ❖ When I'm in pain- physical or emotional- the kindest thing I can do for myself is...
- ❖ What does unconditional love look like for you?
- ❖ I really wish others knew this about me...
- ❖ Name what is "enough" for you

- ❖ If my body could talk, it would say...
- ❖ What always brings tears to your eyes?
- ❖ Using 10 words, describe yourself
- ❖ What surprised you the most about your life or life in general?
- ❖ What can you learn from your biggest mistakes?
- ❖ Write a list of questions to which you urgently need answers
- ❖ Make a list of everything that inspires you
- ❖ What's one topic you need to learn more about to help you live a more fulfilling life?
- ❖ I feel happiest in my skin when....
- ❖ Make a list of everything you'd like to say no to
- ❖ Make a list of everything you'd like to say yes to
- ❖ Write the words you need to hear

Positive Affirmations

(Daily positive affirmations are to the mind what exercise is to the body)

Positive Affirmations: Positive affirmations are **simple, positive and personal** declarations of a goal. When repeated they can have powerful effects on the conscious and unconscious mind.

Law of Attraction: Attract into your life whatever you focus on. Whatever you give your energy and attention to will come back to you. If you stay focused on the good and positive things in your life, you will attract more good and positive things in your life. If you stay focused on negativity and things you lack, then that is what you will attract into your life.

How to Write Positive Affirmations

(from the book 'The success Principles')

- ❖ Start with the words "*I am*".
- ❖ Use the present tense
- ❖ State it in the positive--- **what you want, not what you don't want**
- ❖ Keep in brief
- ❖ Be specific
- ❖ Include an action word ending in "*ing*"
- ❖ Include at least 1 emotion or feeling word
- ❖ Make it personal

Example: "*I am starting to believe in hope*"

Remember the three "P's": Positive, Personal & Present

Below is a list of powerful, positive feeling words for affirmations:

Adored	Dynamic	Gracious	Opulent	Tender
Alive	Eager	Grateful	Passionate	Terrific
Amazing	Easy	Happy	Peaceful	Thrilled
Appreciated	Empowered	Harmonious	Playful	Tranquil
Appreciative	Energized	Hopeful	Positive	Trusting
Awesome	Enlightened	Inspired	Powerful	Unlimited
Blissful	Enthusiastic	Invigorated	Precious	Uplifted
Bold	Excited	Jazzed	Proud	Valuable
Brilliant	Exhilarated	Joyful	Quiet	Vibrant
Calm	Expanded	Joyous	Radiant	Vivacious
Cheerful	Exquisite	Jubilant	Ready	Warm
Cherished	Extraordinary	Kind	Receptive	Welcomed
Clear	Exuberant	Light	Refreshed	Whole
Comfortable	Fabulous	Lovable	Relaxed	Wise
Confident	Flowing	Loving	Relieved	Wonderful
Content	Focused	Luxurious	Renewed	Worthy
Courageous	Free	Magical	Resilient	Zestful
Creative	Frisky	Magnificent	Satisfied	
Decisive	Fun	Marvelous	Sensational	
Delicious	Glorious	Noble	Serene	
Delightful	Glowing	Open	Spectacular	
Divine	Graceful	Optimistic	Strong	

<https://www.jackcanfield.com/wp-content/uploads/2013/07/blog-affirmationwordlist2.jpg>

Expressive Writing

Techniques to get you writing

Descriptive Exercise

- ❖ Pick an object (any object)
- ❖ Describe this object- list as many descriptive statements you can think of using these 3 categories:
 - 1) What does it look like?
 - 2) What does it do?
 - 3) How is it used?
- ❖ After you have your list completed:

FIRST- underline the description you find most powerful and or important

SECOND- underline the description you can relate too the most

THIRD- underline the description for how this item is used
- ❖ Put everything together into a statement

Example: FAN: cools the air, travels sounds, rotates, it hums, makes a breeze, runs on power, independent, makes people feel better, changes the temperature, white noise, involuntary, comforting, intake/out-take

“I can be independent in making people feel better, but sometimes I feel like white noise”

Freestyle Writing

- ❖ Determine on a period of time for you to write (10 minutes, 15 minutes etc)
- ❖ Do not focus on grammar or spelling
- ❖ **Do not stop writing.** (Do not stop to look out the window/ day dream or read over what you wrote)
- ❖ Write down everything that enters your mind.... You may begin to write about one subject and end on a completely different subject
- ❖ When your time period is complete, look over what you've written. Circle, highlight or star a passage that contains ideas or phrases you can elaborate on at a later time

