

👋 Hello! Here are sample prompts we can use in our lifelong journeys to understand ourselves and how we relate with others. Ways that people have used these prompts include writing in a stream of consciousness, returning to the same prompt as often as desired, using the prompts to encourage conversation with people they know, and sharing their reflections with people where they feel safe. The intent is to foster creativity about ourselves and our experiences, and to care for the stories we tell ourselves.

You are welcome to go to File --> Make a copy. Write, doodle, draw, do an interpretive dance, allow details to flow out, express yourself wholeheartedly. Different inquiries work for different moments in life for different humans. No judgment.

I always love to hear from you! I invite you to share your thoughts at heythrivecoach@gmail.com, or <https://anchor.fm/thrivingroom/message> if you like audio messages.

- I have 24 hours all to myself. All of my errands and responsibilities are well taken care of. What do I do? Where do I go? What do I eat? What do I listen to?
- A monster is telling a horror story about me. What does the monster say?
 - Now I tell a story to defend myself. What do I say?
- I am 92 years old. What do I see around me? What do I smell?
- I have five minutes to throw out five items in my space. Oh, and also I am really strong so I can physically move anything I want out of here. What are the five items?