



# Write It Out!

Decorate a journal or piece of paper and use these writing prompts to stimulate mindfulness, reduce stress and worry, and work through thoughts and emotions you are experiencing.

- ☉ What is your wildest dream? Imagine anything is possible!
- ☉ Describe a tough time or something challenging you experienced. What helped you get through it? How does it make you feel when you reflect back on it?
- ☉ What are three things that make you feel better when you are feeling down?
- ☉ When was the last time you helped someone else? How did that make you feel?
- ☉ What is something that you have done that you are proud of? Why are you proud of it?
- ☉ Who do you talk to when you have a problem? How do they help?
- ☉ How are you feeling in this current moment? Try to be as specific as possible. What other words could be used to describe that feeling?
- ☉ What is something that makes you unique?

Submit narratives, poems and art for prizes:

**DirectingChangeCA.org**



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Program & Film Contest