

Write2Heal
Month Seven
HOMEWORK QUESTIONS

Write in your journal each week. Try to schedule 20 minutes to write.

At the top of each page, write one question from below.

Put your timer on for 10 minutes....and GO!

Write as through your heart and allow your first response to pour onto the page.

1. **WHAT AM I AFRAID OF CONNECTING WITH?**
2. **HOW DO I FEEL WHEN I DON'T AGREE WITH THE WORLD AROUND ME?**
3. How do I contribute?
4. **HOW CAN MY DREAMS MAKE THE WORLD BETTER?**

Pay attention to the way you observe the world around you.

How do you connect the weather to your dreams?

How do you connect your dreams to another's plans?

When do you compromise your feelings or plans?

If you want to write every day, but tend to be stuck, begin your sentence with:

LAST NIGHT I DREAMT

(When you open your journal to a dream, the world feels unlimited. Include the scene, the emotional feelings, the people and the potential outcome

Last night, I dreamed...

This is called a "writing prompt")

The quest for a story is the quest for a life.

- Jill Johnston, Fictions of the Self