

Sheet 002

GROUP 1

Make a list of 5 to 10 things you use every day. Write a sentence or two describing or explaining each one and its place in your life.

Think about your best moment over the last week. Describe it. What was happening? How did it make you feel? What were the sights, sounds, senses?

GROUP 2

Write a sentence or series of sentences that begin with “Homelessness is...”

Write a sentence or series of sentences that begin with “I Remember...”

GROUP 3

Share about a book or song or movie that fills you with hope or joy. Or about a book, movie, or song that makes you cry or breaks your heart.

Write about a special moment that you shared with someone who is no longer in your life.

GROUP 4

Imagine yourself ten years in the future. Write a letter of encouragement and advice—from the future self to you right now.

Think of a radical change you want to make in your life. Write about it. Describe how your life would be different if you made this change. What is stopping you?

