

Sheet 004

PROMPT 1

Think about the last week. Write about the best conversation, meal, or experience.

What are some things you do every day? Describe and explain them.

PROMPT 2

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

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

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

PROMPT 3

Write about a time when you stood up for something you believed in.

Write about a significant life lesson you’ve learned recently. What impact has it had on you?

PROMPT 4

Write a letter of gratitude. To anyone or anything.

Write a letter expressing your dreams for the next week...or month...or year.

