

Sheet 023

WRITING 1

Write about one of the five senses in your life: taste, touch, sight, sound, smell.

Write about food or a meal you've had in 2025—either good or bad.

Do you have a hobby or something you find yourself drawn toward? Is there a hobby you've wanted to have? Write about it.

WRITING 2

Write about breaking things. Or about fixing things.

Who do you love? Who loves you?

Are you hurting right now? Are you recently healed from a hurt? Share about it.

WRITING 3

Write about hope: finding it, losing it, giving it.

Is there something bothering you that you've been wanting to speak up about? Speak up about it.

Write about something in your city or region that is unjust or needs to be corrected. Describe the problem. Suggest how to fix it. What part might you play?

