

Awareness Prompts

Objective

See how the suggested journal prompts open your senses.

1. Take time for your journal practice to develop.
2. Be aware of details you may have been rushing past.
3. Consider a new perspective, higher view, expanded experience

Materials

Journal Prompts about 'Awareness'

- Words: Written and Read
- Time: Yours, Mine and Ours
- Place/Space: Anywhere and Everywhere
- Home: How Sweet is it?
- Burning Desire: Tell it like it is.
- On Purpose: What have you done for you lately?

Procedures

1. Pick one prompt per day to explore.
2. Discover something about the subject matter you were not aware of until today, and write about it for 10-15 minutes.
 - Become intimately engaged for this brief time. i.e. Who are you reading? What have you written. Have something to say about it by starting a list.
 - Take time, make time, find time. If this is an obstacle, reveal it in your written words.
 - Define your place/space in your own written words
 - Is home a thought or an address? Answer the question in your written words.
 - Ask yourself what is REALLY on your mind or in your heart. Spend today's time in putting it down on paper, calling it out into reality where you can see it. What written words tell this story?
 - Test yourself to discover in your written words how you care for YOU.

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