

## Springboards Instructions

1. Write 3 words that describe how you're currently feeling at the top of the page.
2. Choose a prompt. These prompts can be handy to have at the back of your journal for days that you'd like to write, but don't have anything particular in mind. You can create your own as well.

### Examples:

- What's the next thing to do?
- A year from today, I will ...
- Why don't I ...?
- I'm sorry I didn't ...
- What am I avoiding?
- If I knew I would succeed, I would ...
- I want to overcome ...
- Where am I going?
- What do I want?
- If I weren't scared ...
- What's the best thing? What's the worst thing?
- Why do I feel -----?
- My next step is ...
- I don't want to face ...
- If I told the truth ...
- I feel like ...
- I want to know ...
- How did I do it?
- My body is teaching me ...
- If I had the money (energy, time, focus), I would ...
- What feels easy and effortless?
- Things were never the same after ...
- The light in me ...
- What new door do I want to open or what door do I want to close?
- I am going towards ...
- My wish upon a star is ...
- What are some memories that I want to create?
- A part of myself that I am wrestling with the most right now is ...
- What might I have been hiding from others recently?
- A recent moment of joy I want to remember is ...
- I felt empowered when ...
- If I were to do something loving for myself right now, what would it be?
- What is the soundtrack of my life?
- It's interesting how I often ...
- What turns me on/off?
- When I think of shame, what comes up for me is ...
- Where do I want to be right now?
- If no one was watching, I would ...

3. Start writing and don't stop until you feel done. You may also have a timer if you'd like.
4. Write a post-writing reflection.
5. Write 3 words that describe how you are feeling now.

Tools to use:

- Use the Feelings Vocabulary handout to help you in identifying feelings
- If during your write, you want to describe how your feelings are experienced in your body, use the Feeling Into Your Body handout to help