



Dear Journey Writer,

My
journal,
My
witness.



You feel the call to write *your* truth.
Aho!

Maybe you've confided all your secrets and desires in your journals since you learned to write. Or you feel the brave call to put pen to paper but you're scared of what will bleed out. Perhaps you wake up at 5am daily to write your stream-of-consciousness 'morning pages'. Or you want to write but you can't find the time, the words or the courage to do it alone. Maybe you're stuck in writer's block and simply don't know how to begin.

I believe that writing your truth is healing. Writing in your journal is an amazing tool to free your mind, make sense of your inner world, and come home to yourself. It doesn't need to be hard and laborious. You can begin today using my simple method of following one powerful prompt per day for seven days to serve as your guide as you journey within on the page.

7 Simple & Powerful Prompts To Free Your Truth

1

I REMEMBER

One of my all-time fave prompts to take you right back to a time & place.

2

ASK ME ABOUT

A great prompt that leads you to moments you may never before have shared.

3

IF YOU ONLY KNEW

A helluva powerful prompt to bring hidden memories & emotions to the surface.

4

I AM

A classic prompt that never lies because what follow it aptly reflects your internal reality.

5

NOBODY TOLD ME

This cool prompt can reveal a lot of hidden stuff that you've been carrying for a while.

6

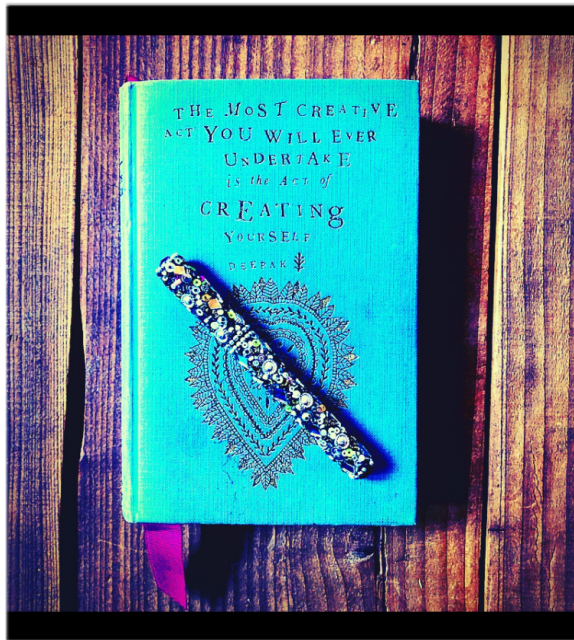
IF ONLY

Another simple prompt that cuts to the chase by bringing your desires to the surface.

7

I BELIEVE

A positive prompt that hones right in on your highest values in the present moment.



“The most creative act you will ever undertake is the act of creating yourself.”
— Deepak

How to best use the 7 prompts:

- Use one prompt for every day of the week
- Find somewhere to write uninterrupted
- Bring your special journal and your fave pen
- Light a candle or burn sage to clear the air
- Set a timer to write for 15 minutes
- Choose your one prompt for the day
- Write the prompt at the top of your page
- Write whatever intuitively comes up for you
- Keep writing until the timer goes off

THE WAY OF THE WORD

In Journey Writing there are no 'rules'. There are only ways to help you to keep your words flowing forth:

Keep your pen moving across the page.

Do not stop to find a better word.

Do not judge what arises.

Let it all out onto the page.

There is no right or wrong. Everything is welcome. It's about freeing your truths.

What you need to know before using the 7 Simple & Powerful Prompts To Free Your Truth:

1. Journey Writing is just that—a journey! You never know what your writing will bring up so be willing to be open to what arises.
2. This process can bring up unhealed wounds because the prompts give you permission to be vulnerable so be sure you have support from a loved one or therapist if you need it.
3. Once you open the door to allowing yourself to be real with yourself, to tell your truths, and be vulnerable on the page, you may want to continue writing in community, in a circle of women who can bear witness.



Journey
writing

Wanna find out how other Journey Writers—a circle of sisterhood—can nourish you on your truth-telling journey? I lead in-person Journey Writing Circles in a magical ceremonial tent on beautiful land in Lafayette, CO. Click on the link to connect with me to set up a 15-minute call to hear more about how this circle is the gift that keeps on giving: <https://www.shaniraviv.com/connect/>

ABOUT SHANI RAVIV

I am the creator of Journey Writing Circles for women and teen girls—a creative, freeing & healing writing practice that changes lives.

I am the author of the award-winning, coming-of-age, *Being Ana: a memoir of anorexia nervosa*—published by She Writes Press in 2017.

I have written human interest feature stories, columns, and travelogues for newspapers such as *The Mail & Guardian* and *The Sunday Times* and worked as a content producer, copywriter, and marketing & communications specialist.

I am South African/Israeli, mother to a 9-year-old boy, a yogini of

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Writer

