



## **WHEN IN DOUBT, WRITE IT OUT!**

Whether you type this in, or print this out, simply set a timer for 10 minutes and **START WRITING**. Get it out of your body and onto the page.

Here are a few of my favorite prompts to get your started.

I am...

I desire...

I release...

I know...

I feel...

I fear...

I am no longer available for...

I am open to receive...