

Everybody has a story. What's yours?



Growing Whole Writing Guide

“Growing up, we say, as though we were trees, as though altitude was all that there was to be gained, but so much of the process is growing whole as the fragments are gathered, the patterns found. [...] We collage ourselves into being, finding the pieces of a worldview and people to love and reasons to live and then integrate them into a whole, a life consistent with its beliefs and desires, at least if we're lucky.” – Rebecca Solnit

We can look at our lives as a series of punctuated moments following a uni-directional linear trajectory. Or, we can look at our lives as open-ended, overlapping, vacillating events and experiences that interlace and expand, and which, only with our ability to reflect and meaning make, become moments that help us grow whole. We all grow up – it is our biological function, but how do you grow whole?

With each of these writing prompts, feel free to flow through your thoughts, unconstrained by time, space, or objective. Simply see what comes up as you write.

- 1. Draw a timeline and write down impactful events and experiences in your life.**



- 2. Take note of how some of these experiences weave into and connect with others. Explore.**

- 3. What is the dominant emotion you felt throughout those impactful experiences?**

4. How did they help you grow more whole?

5. What can you take with you into the next major event/experience?

As we write, we create some distance. This distance allows meaning to surface.

SETTING INTENTIONS

In each of the circles, write a few emotions that came up during this exercise reserving the left circle for positive emotions and the right one for negative emotions or limiting beliefs. Then, set an intention that allows you to hold space for your emotions while also releasing them. Write that intention at the centre.

