

**Everybody has a story.
What's yours?**

Survival Writing Guide

"You may not control all the events that happen to you, but you can decide not to be reduced by them." – Maya Angelou



Is it possible that sometimes the things we think we need to live are in fact the very things that are limiting our freedom? When we project significance outward—place value on people, places and things—can that weight do more harm than good? In a separate vein, can it be true that when we start from zero—strip down meaning—we have more opportunity to recreate, reimagine, and be unbound? We decide the meaning and significance of everything in our lives, and if we come into our power as meaning makers, then we control what living really means.

With each of these writing prompts, feel free to flow through your thoughts, unconstrained by time, space, or objective. Simply feel what comes up as you write. We also invite you to create a visual board (through collage or multi-media montage) to manifest your thoughts in alternate ways.

Take inventory.

1. Write down 5 things you think you can't live without

2. Under each of your 5 items, write down what it would feel like if that thing were taken away from you (imagine what it would feel like or draw from experience if you've lived through this loss).

REFLECT.

3. Focus in on two of the items and the feelings they stirred in you. Go further. What feelings do the loss burr in you?

4. Can you connect the two items in a way that may or may not feel obvious?

REFLECT.

5. Think about what feelings surfaced. What other event in your life might this feeling be bungeed to? (even if it feels completely unrelated, follow the thought through)

SHARE GRATITUDE.

Articulate the gratitude you feel for the “lost” thing(s) you explored in this exercise.

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.

