



SEASONAL JOURNALLING PROMPTS

Spring

*Deepening our connection
with ourselves, one another &
the earth while sustaining our
energy & activism*

Write down all the things you associate with springtime - words, activities, emotions, sensations. Let them flow from you in a stream of consciousness. *Read back over your writing only when you're finished.* Which words or phrases stand out to you? What feelings are you left with?

What is your experience of new beginnings? Do you tend to resist and avoid them, jump at new opportunities, or something else? How has this worked out for you? Does this pattern serve you?

What are you ready to let go of so you can emerge with ease into a new cycle of growth?

Choose something that is happening in the rest of nature right now - a flower blossoming on a hawthorn tree or a goose returning with its gaggle from a winter away - and write as them in the first person.

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What did you love doing as a child, in the spring of your life? Is any of that missing from your life now? What would you like to be doing more of?

Free-associate around the word: emergence.

More _____ less _____ Complete this sentence over and over. Go with the flow, trust yourself. What do you, or the web of life you are part of, need more or less of?

How do you want to treat yourself? In what ways would you like to nurture and love yourself. How do you want to speak to yourself, particularly when you mess up? **WRITE IN THE PRESENT TENSE!** So instead of, "I want to speak to myself with kindness and respect", it will be "I speak to myself with kindness and respect".

What steps have you taken recently that you feel good about, big or small?

Consider the water cycle; the mist drawn up into clouds, the rain, the lakes, waterfalls, the stagnant ponds, the rivers rushing and lazily spreading, the great open sea. Metaphorically speaking, where are you in the cycle right now? Write about what it's like to be in this place, staying with the metaphor.

Do you have a project in mind that you would like to give birth to? Don't hold back! Write down any ideas you've had and see which has the most energy. Then plant the seed and nurture it into life.

What's good in your life right now? Who or what brings you joy, peace and connection?

What is the criticism you are most afraid of receiving? What do you believe it says about you? Where do you think it comes from? What do you need to do to untangle from it and let it go?

If you knew you couldn't fail, what would you most want to do for the healing of our world? You might like to write a whole load of stuff for this, stream of consciousness style, then go back through and see what has the most energy for you.

What are your intentions for spring? How do you want to feel? Where do you want to put your energy? Free-associate then pick out your three key intentions.

Free-associate around the word: balance.

What holds you back from thinking big? What stops you from stepping into who you were born to be? It might help to listen into that critical voice in your head...

How do you want to feel in autumn when the growing season is coming to an end? Write as if it is autumn now and you are looking back. How did you make the best use of spring? What did you do that impacted your growth? What is the harvest you are reaping now as a result?

What are the things that people tend to seek you out for?

Where are the five elements - earth, air, fire, water, spirit - manifesting in your life right now? Try not to think about it, instead be guided by intuition. Go through each element in turn and write down areas of your life that resonate. Reflect on your answers afterwards.

Write down your big picture for life right now. Where would you like to be headed? What are your big dreams? Think about all areas of your life - family, work, personal growth, healing the earth, pleasure, and any others.

Free-associate around the word: power.

Have a social spring clean. Which relationships zap your energy, demoralise you, or pull you away from feeling authentically you? Where do you need stronger boundaries? Include real-life and social media relationships.

Write a letter to yourself from your future self a year from now, or five years or twenty! Go with what feels right for you today. If you have any specific questions for your future self, write them down before you start.

Make a list of all the brilliant women in your life and why you appreciate them so much. You might include people you know as well as admire from a distance.

What is the dream you don't allow yourself because it feels too crazy or unachievable?

What areas of your life would benefit from an injection of energy? What's feeling low, limp or neglected?

Free-associate around the word: reclaim.

What words do you want to hear today? Write yourself an empowering love letter.

AN INTRODUCTION TO *stream of consciousness writing*

Stream of consciousness writing is one of my absolute favourite, most immediately soul-enriching, bring-you-back-to-the-present, intuitive, revealing, creative practices ever. Ever ever. It can act like a direct line to the unconscious and is therefore a great way to untangle ourselves from our conditioning and re-connect with our intuitive, authentic selves and the web of life we are part of. Several of the prompts here invite you to write in this way so I thought I'd include a little guide in case you've not come across it before.

Essentially it comes down to this - write whatever comes. I find it so permission giving because you can't get it wrong - whatever ends up on the page is what's right for you in that moment. The trick is not to judge, analyse or censor yourself. You don't even have to use punctuation if you don't want - just let the words flow.

Top tips

BE GENTLE WITH YOURSELF

It may take some time to get into it; to shake off the hustle and bustle of our culture; to quieten your mind enough to be able to listen to your body, your soul, your intuition; to hush your inner-critic so that the words flow freely. Give yourself space and trust the process.

GIVE YOURSELF PERMISSION TO WRITE WHATEVER COMES TO YOU

Even if it doesn't seem to make sense or feels offensive! The unconscious communicates symbolically not literally. Avoid reading what you've written while you're still writing. This can be really hard! We are so used to constantly analysing everything. Trust that delaying reading it is giving you the freedom you need to get into the flow.

STAY IN THE MOMENT

Allow your unconscious to take the driving seat by asking your rational mind to be quiet. Flow with the writing, trying not to control it. If the topic changes abruptly, so be it. This is especially relevant for the prompts where you are asked to free-associate around a particular word. Give yourself permission to leave the word behind and follow where the writing takes you.

ENJOYED THESE JOURNALLING PROMPTS? YOU'LL LOVE RISE UP!

Rise Up is 4-week online programme for women who are ready to root into the earth, rise into their unique purpose and play their part in the wellbeing of our world. For 28 days I'll guide you on a spiralling journey of self-discovery that invites in the vital work of reconnection; healing the great rift in our souls that has separated us from the rest of nature, and our true nature. Throughout *Rise Up* you will weave the threads of who you are within this magical, interconnected web of life on earth, and the part you are being called upon to play.

www.lisa-harmer.com/rise-up/