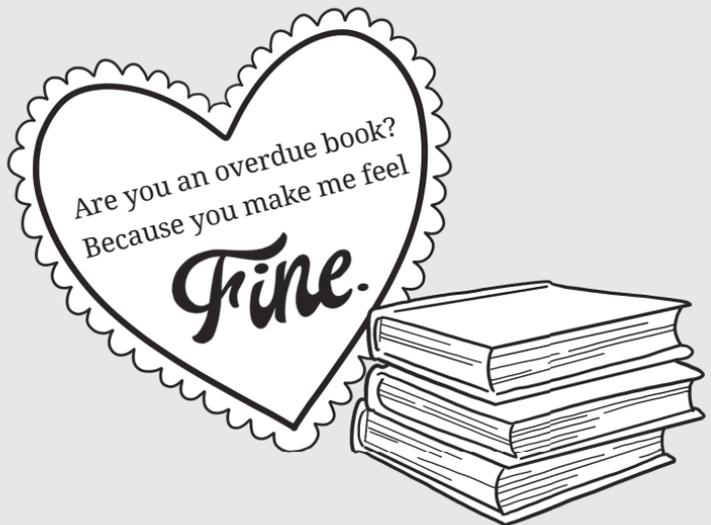
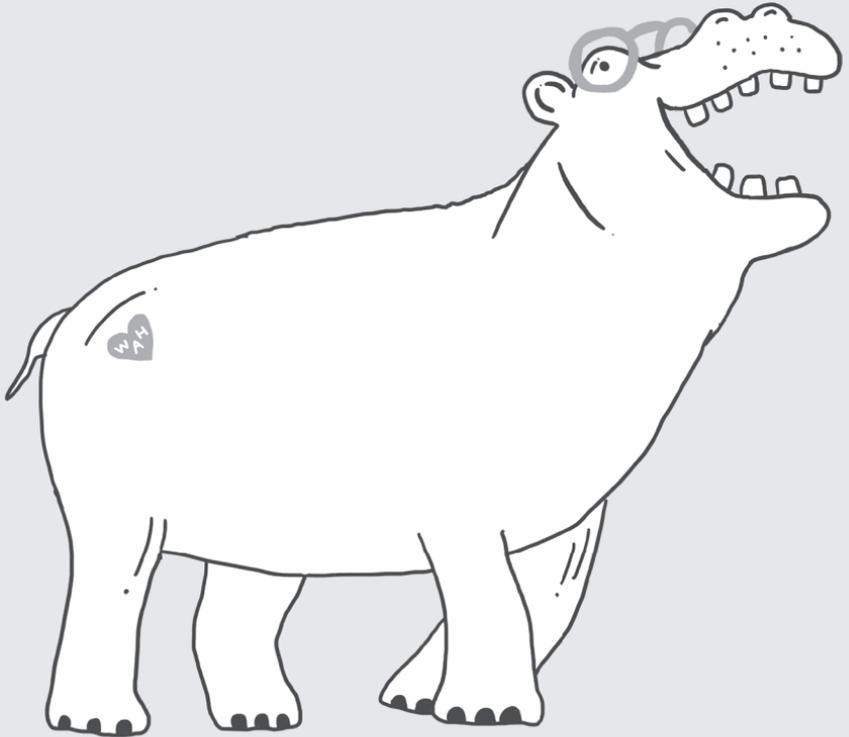


THIS BOOK BELONGS TO





Hi writer!

I find it hard to talk about my feelings. In fact, I usually try to avoid it at all costs, which is why I spend about 16 hours of my day submerged in water avoiding all contact with other creatures.

However, the more I come up and share with the outside world, the better I end up feeling. I find that the days when I am feeling especially grumpy and don't want to talk to anyone, I write out how I feel instead. It helps me process emotions I didn't even know I was feeling.

This month is dedicated to writing about our feelings. Whether you write fiction or nonfiction, we can all benefit from writing out and processing our emotions.

And always remember - snacks before drafts!

Alice

YOUR ONE-DAY TIME CAPSULE

Did you ever create a time capsule as a kid where you put meaningful letters and items into a box in hopes to find it one day? Well, now you can create a one-day time capsule. It's a place to capture your feelings on this specific day so in a year from now or ten years from now, you can get a glimpse into how you were feeling. Many people journal daily, which is great, but this simple one-day time capsule can help you get into the flow even if you aren't a daily journal writer.

Today's Date: _____ Morning

Right now, I am feeling:

What I ate for breakfast:

Describe the weather right now:

Describe the outfit I am wearing:

What's one tiny goal I have for today?

Evening

Did I accomplish my tiny goal? Yes? No?
Share below.

A snack I had today:

Describe something unexpected that happened
today:

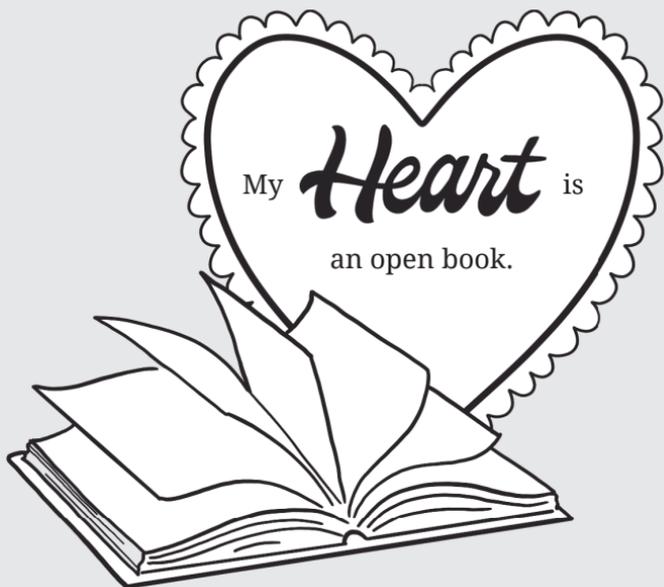
At the end of the day, I now feel:

My hope for tomorrow is:

REJECTION LETTER

Writing Prompt

Your friend just got the nastiest rejection letter of their life about a dream they had been tirelessly working on for so long. The rejection was so harsh that your friend declared they are giving up for good and that their dream is over. Take some time to write your friend a letter of encouragement.

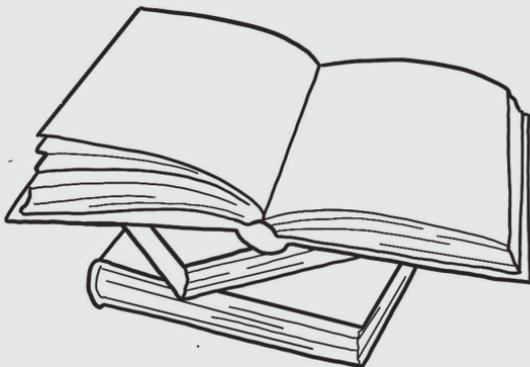


CRITICISM

Writing Prompt

“I was sending an email to our entire national team and accidentally typed our CEO’s name as “Hoe” instead of “Joe.” It went out to over 400 people. I was mortified. I immediately sent Joe an email and apologized, but I have been criticizing myself for it all day. I keep blaming myself for not being as detail oriented as I should have been. I also feel like that was rude and disrespectful. I can’t stop all the negative self-talk. HELP!” -Typo Tammy

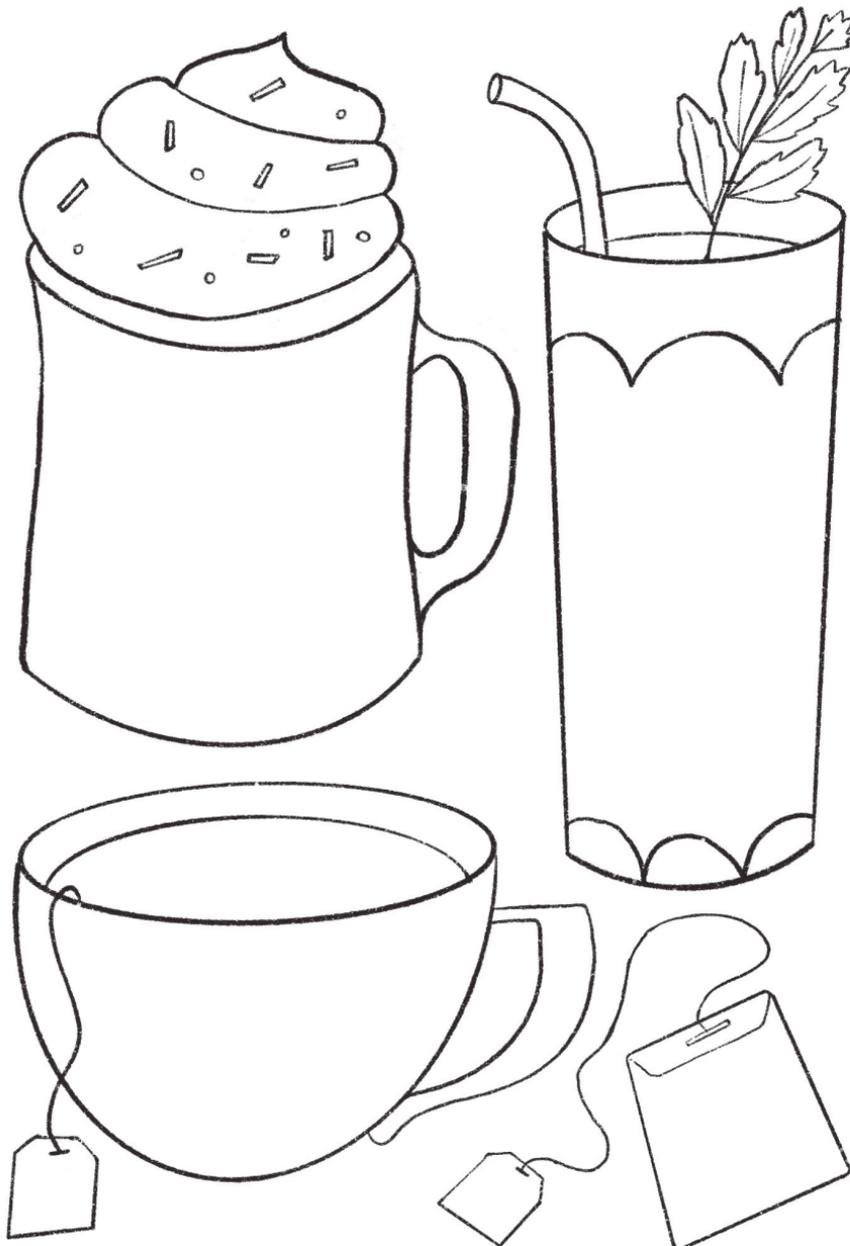
Now, pretend you are an advice columnist and write a letter back to “Typo Tammy.”

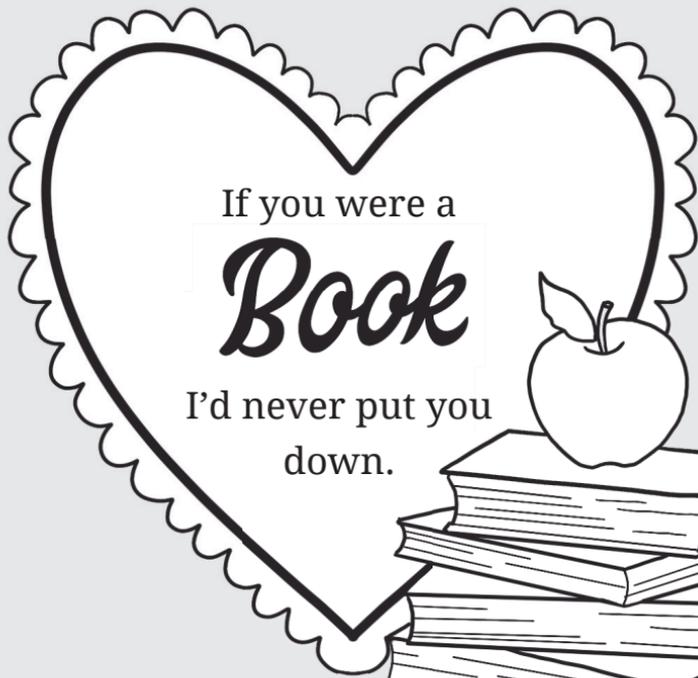


Fill your Cup

How are you filling your cup? Coffee, hot chocolate, tea, water, ice cream...however you choose to fill your cup is up to you. In the cups below, write in a few ways you can fill your cup up this month. What are a few tiny things you can do to focus on your emotional well-being?



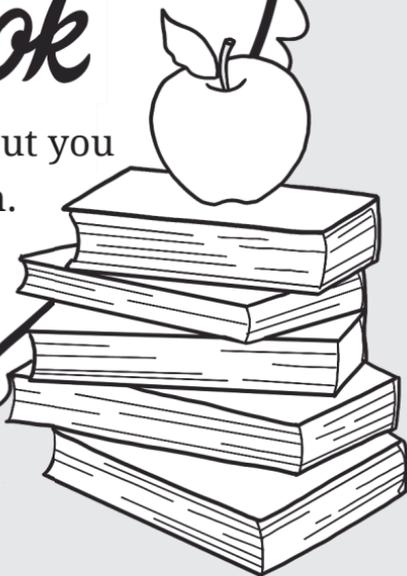




If you were a

Book

I'd never put you
down.



That wasn't so bad, was it?

Writing our feelings can be fun
and healing.

Sure, it was a little awkward at
first, but I do feel a lot better.

I hope you do, too.

Remember to feel, writers!



Copyright © 2020 by One Idea Press
Published by One Idea Press Pittsburgh, PA

Design: Lucy Giller
www.littlegemstudio.com

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the prior permission of the publisher or in accordance with the provisions of the Copyright, Designs and Patents Act 1988 or under the terms of any license permitting limited copying issued by the Copyright Licensing Agency.

ISBN: 978-1-944134-27-3

Printed in the United States of America