



EASE Journaling Prompts and Ideas

with

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- A. Free write for 10 to 20 minutes about the following prompts and how it can be helpful in terms of resilience and living with ease:
1. “Our lives are often touched by chance, are they not? I call it magic, the crossing of our paths with the paths of others. How quickly, how completely, these magic meetings can turn us into directions we never dreamed of.” Dee Brown
 2. When my mind is filled with needs and wants, there is no room for improvement, enjoyment, enrichment, and growth.
 3. What is not holding me back?
 4. The moment I try to label something or define it, I limit the potential of my experience.
 5. What is it I must receive, perceive, and conceive beyond the surface?





6. "In the cherry blossom's shade, there's no such thing as a stranger." Issa
7. How are the worlds of the caterpillar, chrysalis, and butterfly different?
8. Rain and sun is to the flower as praise and encouragement are to the human spirit. Who can I encourage today?
9. "We see through the prism of our categories." Joseph Chilton Pearce
10. What/who pushes my buttons and why?
11. "Listen with your feelings, see with your heart. Read the earth. Listen to the wind as it speaks to you. Gather in the fragrances and touch the differences. Taste it, and see that it is good. This earth is a garden, this life is a banquet. And it's time we realized that it was given to all life, animal and human, to enjoy." Tom Brown Jr.

B. Select one noun from each prompt and write them down. Create a new sentence or paragraph by using at least 5 of them together in a new context.

C. Select one verb from each prompt and write them down. Which of these are about being and which are about doing?

D. Which of these prompts resonate the most and why?

E. Which prompt expanded or challenged your perception the most?





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