

Writing Prompts

The 2022 cohort of the Wellspringwords Writing Fellowship has co-created a collection of reflective writing prompts around the categories of Love, Body, Spirit + Spirituality, Identity, and Wellness to guide you into deeper and more nuanced self-discovery and inner acceptance.

How to use this resource:

- *Set aside some space in your day to be with yourself.*
- *Set your vibe and ambiance.*
- *Sit with your writing tools and this resource, present with your sense of intention.*
- *Take 5 deep and nourishing breaths.*
- *Choose a theme and a prompt, and write until you feel complete for the moment.*

Enjoy this resource and the poem on the last page.

Writing Prompts

Love

What is love and how can you truly tell it's love?

What would you say to the parts of you that feel unlovable?

Is it possible to give love too much power?

How do you know when it's just enough?

*Is love a feeling or an action?
How so?*

Body

How does your body play into the way you tell your story?

Is your self-worth tied to your body image?

If yes, how? If not, how are they different?

How are your mind and your body different?

Do you like one more than the other?

Why so or not?

What is your relationship with your body?

Spirit+Spirituality

*How does this statement
resonate with you?*

*"Your essence truly blesses you
to be strong and knowing."*

*What is your soul trying
to tell you? What does its
voice sound like?*

Do you ever sit and listen?

*What is something you
never want to regret
not doing?*

*What's your relationship with
your spirit?*

Writing Prompts

Identity

*Is your identity a culture?
How so or not?*

*Are we just a collection of stories
and experiences?*

How so or not?

*What are the traits of someone
you would think is cool?*

*Which traits overlap with yours
and which ones don't?*

What makes you YOU?

Wellness

*Do you have enough
space to access yourself?*

*What does “being enough”
mean to you?*

*Where do you feel most at home?
How can you create that feeling
elsewhere?*

*How do you cope with
anxiety?*

Ties That Bind

Trust, Truth, Strength, Peace and Loyalty,
life's magic five.

They're what lead us to create connections along the way,
our share from the creator's will of fate.

These connections glide, mold and sculpt us
into divine beings full of love and joy.
Our shadows intricately tie to the jewels of our light,
dancing along like ocean waves under the sunlight.

The waves rise and fall just as our spirits.
Through the weight of it all,
finding peace in the rhythms.
Taking a journey— hand in hand, arms swinging.

As the wind blows from side to side,
our spirits fall, rise, and flow.
Following the rhythms of the magic five
and being sculpted by them.

Trust, Truth, Strength, Peace and Loyalty—
the magic five.
Inviting us to be alive, to stay alive—
and then to *thrive*.

-Nnenna Ekeleme, Shayna Shah, Surabhi Raj,
Darline Kyrstal Hernández, Nkem Chukwumerije