Stay Awake Journal Prompts

On page 1 of The Gifts of Imperfection, I write, “Wholehearted Living is not a onetime choice. It is a process. In fact, it’s the journey of a lifetime.” The following Stay Awake prompts are questions I’ve found helpful on my journey.

Use your journal to reflect upon the following questions and ideas. Do one a week, several a day or whatever works for you in your process. You can write your thoughts out, draw them, collage or use photographs. And, it goes without saying, decorate your reflections to your heart’s content.
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1. Make your own Courage Board. Buy or make a corkboard or magnetic whiteboard, and use it as a place to pin quotes and ideas that inspire you to be brave!

2. I think it is important to be part of a community of like-spirited people who share your beliefs about creativity. On page 97, I talk about the inspiration I get from my friendship with the Lovebombers, a group of artists, writers and photographers whom I met online and spend a long weekend with every year. Take some time to record in your journal how other members within our community have inspired you throughout the course. After the course has ended, what are some new ways you can cultivate community in your life with people who share your beliefs about creativity?

3. If creativity is seen as a luxury or something we do when we have spare time, it will never be cultivated. How do you plan to keep the intention “I am a creative being” part of your practice?

4. In Lesson 3, we talked about the importance of adding to your calm map as you learn more about yourself and how the practice is and isn’t working for you. Take some time to circle back to this exercise to complete your calm practice, adding more details you have learned along the way. Remember: This isn’t about doing it perfectly; it’s about repeating the practice, screwing it up and circling back.

5. In Lesson 4, we began thinking about the idea of the “slash career” and wrote down our dream “slashes” in our journals as something we could begin to work into our lives to bring meaning and perspective. Revisit this exercise and write down an action list for your dream slash(es). What are the small steps you can take toward achieving your dream slash(es)?

6. We all have gifts and talents. When we cultivate those gifts and share them with the world, we create a sense of meaning and purpose in our lives. What are some new ways you can share your gifts and talents with people close to you?

7. Setting an intention at the beginning of each week was an important element of each lesson. Take a moment at the beginning of each new week to write down an intention that you can set for yourself around one of the guideposts.
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8. Each of our lessons featured downloadable cards with key quotes and visuals. Use the additional quotes below as prompts to create your own artwork in your journal using the materials called for in the previous lessons, such as crayons, markers, watercolors, cutout shapes, double-sided tape, etc.

- Owning our story, and loving ourselves through that process, is the bravest thing that we will ever do.

- Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable.

- Only when we are brave enough to explore the darkness will we discover the infinite power of our light.

- Creativity, which is the expression of our originality, helps us stay mindful that what we bring to the world is completely original and cannot be compared.

- Overcoming self-doubt is all about believing we’re enough and letting go of what the world says we’re supposed to be and supposed to call ourselves.

- Cultivating a wholehearted life is not like trying to reach a destination; it’s like walking toward a star in the sky: We never really arrive, but we certainly know that we’re heading in the right direction.

Book Recommendations
I’ve created a library of my favorite wholehearted nonfiction books!
Check it out:
http://brenebrown.com/brenes-favorites/books/