



writing
with grace

reflective writing prompts for your inner leader

leadwithgrace.net

writing prompts

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introduction



From an early age, I have kept a journal to process my jumbled thoughts and record experiences. With anticipation, I would scan the shelves at Barnes and Noble, my senses attuned, waiting for just the right blank book to call my name. It had to have the right pattern and feel, speaking to me a beauty of both past and possibility. My journals became companions in college, and inspired by Julia Cameron's *The Artists' Way*, I became a morning journal-er as a way to brain dump all my stress and thoughts on the page. Writing helps to free my thoughts and to tap into what is important to me, to find clarity, and to hear the grace of God break through the chatter of my mind. To me, this process is more about listening than it is about writing. As a start to our Lead with Grace journey together, I would encourage you to try or revisit journaling as a part of your practice. Begin each writing session with some deep breaths, prayer, or centering thoughts, and then begin without judgment.

I hope these writing prompts spark in you inspired moments of hearing from your inner self and the love of the universe gently calling to you the next steps in your own unique path.



with love,
Karina

mindset



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WRITE FOR 15 MINUTES IN A STREAM OF
CONSCIOUSNESS

"You once told me you wanted to find yourself in the world-- and I told you to first apply
within, to discover the world within you." - Suzy Kassem

What are you most grateful for? Describe each in detail.

Write about the place you grew up. How has this place shaped you?



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WRITE FOR 15 MINUTES IN A STREAM OF
CONSCIOUSNESS

"We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves." - Buddha

What is the biggest challenge you are facing today? Explain why and how this is challenging you and what you can do about it.

Write about your biggest fear. How has this fear limited you?



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WRITE FOR 15 MINUTES IN A STREAM OF
CONSCIOUSNESS

"Once your mindset changes, everything on the outside will change along with it."
- Steve Maraboli

What do I love most about myself right now?

What do you forgive yourself for?



vision



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supporting the whole story of leadership
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WRITE FOR 15 MINUTES IN A STREAM OF
CONSCIOUSNESS

"Your visions will become clear only when you can look into your own heart.
Who looks outside, dreams; who looks inside, awakes." - C.C.Jung

What do you love to do? What would you spend more of your time doing if you could?

What brings you joy?



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WRITE FOR 15 MINUTES IN A STREAM OF
CONSCIOUSNESS.

"Vision is the art of seeing what is invisible to others" - Jonathan Swift

What frustrates you in our world?

What does the world need that you can provide?



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WRITE FOR 15 MINUTES IN A STREAM OF
CONSCIOUSNESS.

"Vision is the true creative rhythm." - Robert Delauney

Where does your passion come from? Go as far back into your past as you can.

When are you most fully yourself?



writing



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WRITE FOR 15 MINUTES IN A STREAM OF
CONSCIOUSNESS

"Words are singularly the most powerful force available to humanity. We can choose to use this force constructively with words of encouragement or destructively using words of despair. Words have energy and power with the ability to help, to heal, to hinder, to hurt, to hard, to humiliate, and to humble." -- Yehunda Berg

If I could only use 10 words, this is how I would describe myself.

List ten verbs that you strive to enact in your life.

State your life's work in one sentence.



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WRITE FOR 15 MINUTES IN A STREAM OF
CONSCIOUSNESS

"Why bother? Because right now, there is someone out there with a wound in the exact
shape of your words." -Thomas Dougherty

**Think of a moment that brought you great joy. Try to recreate it through description and sensory detail:
What did you see, smell, taste, touch, hear, feel. What were you thinking?**

Write a letter to your 14-year-old self.



speaking



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WRITE FOR 15 MINUTES IN A STREAM OF
CONSCIOUSNESS

"The only reason to give a speech is to change the world." John F. Kennedy

What do you love about the art of public speaking? Think of ones you have heard or ones you have given?

How do you feel about speaking in front of people or giving speeches? What goes through your mind before, during, and after?



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CONSCIOUSNESS

"When we have a heart full of God's grace, we will speak with grace." - Heidi Kreider

Think of a time where you are speaking to a person or a group of people, what do you want your audiences to remember about your presentation? What do you want your audience to do differently as a result of your words?

Write the words *you* need to hear. Then speak them aloud to yourself, looking into your eyes in the mirror.



collaboration



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"A mentor is someone who allows you to see the hope inside yourself." - Oprah Winfrey

What and whom do you love best?

Who else has been down your road before you? What can you learn from their experience?



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"None of us, including me, ever do great things. But we can all do small things with great love, and together we can do something wonderful." - Mother Teresa

What can you contribute to others that is unique to you?

In a group interaction today, really focus on listening and understanding others. What new observations do you have?



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"Teamwork begins by building trust. And the only way to do that is to overcome our need
for invulnerability." - Patrick Lencioni

What is the relationship that you would most like to work on? What would you like to see change?

**Take the Meyers-Briggs personality test online. A free one is linked in the Resources page at
leadwithgrace.net. How does your personality influence your work with other people?**



self-care



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CONSCIOUSNESS

"And now that you don't have to be perfect, you can be good." - John Steinbeck

What makes you feel stressed out, and how do you cope with the stress? Is it effective? Explain.

I could not imagine living without...



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CONSCIOUSNESS

"When you recover or discover something that nourishes your soul and brings joy, care
enough about yourself to make room for it in your life." - Jean Shinoda Bolen

If your body could talk, it would say...

What brought you joy when you were a little kid? What did you love to do back then?



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WRITE FOR 15 MINUTES IN A STREAM OF
CONSCIOUSNESS

"Self-care is how you take your power back." -Lalah Delia

Make a list of everything you would like to say no to.

Make a list of everything that is a definite yes.



connect and celebrate



I hope this guide inspires you to connect with the possibility inside you. Celebrate your actions and connect with others often on leadwithgrace.net. May you know that your influence in whatever sphere you are in is needed now more than ever.

Love, support, empower, encourage.



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WRITE FOR 15 MINUTES IN A STREAM OF
CONSCIOUSNESS

Today, I celebrate...



lead with grace



As a teacher of English, public speaking, and theatre, I am passionate about helping people find and develop their own unique voice. For years, in order to grow in my own leadership, I pored over a full library of leadership and personal development books and podcasts, often feeling paralyzed by information. Simple steps wrapped in lots of grace helped me (and still does!) break through to action.

Lead with Grace integrates all these passions, and I hope my journey into this new classroom will provide encouragement and resources for all who seek to lead right where they are.

