

**M**  **M A**

**Y O U   A R E   A  
S T O R Y T E L L E R**

**C R E A T I V E   W R I T I N G  
W O R K B O O K**



90 days of creative writing as a practice of  
mindfulness and self-care in any stage of  
motherhood.

**THIS JOURNAL  
BELONGS TO**

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# ABOUT THIS WORKBOOK

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Workbook designed using Canva software.



WRITING MINDSET, LLC | MAMA, YOU ARE A STORYTELLER

# WELCOME TO YOUR STORY

Mamas have stories to tell. Welcome to a 90-day journey dedicated to your imagination, your creativity, and the untold stories that are brewing inside of you. Since becoming a mama, one thing is clear: We all have stories to share with the world.

Stories of when we were kids.

Stories of times before we had our own children.

Stories of giving birth and labor.

Stories of how we adjusted to parenthood.

Stories of raising little ones.

Stories about our fears and triumphs, our hurts, and our hearts that now walk outside of our bodies.

We keep these stories in important places. We carry them in our physical beings and in our minds. We take pictures to not forget these moments. We write down important moments. We teach our babies about the value of stories.

The power of creative writing unlocks the ability to share the real stories that happen to form the memories in our lives, and it allows us to dive deeper into our imaginations. We teach our babies to think "outside of the box," and our writing allows us the same outlet of play.

Creative writing allows us to be heard in some way. We get to be silly. We get to have fun. In many cases, we get to heal. If children learn about their worlds through exploration and play, we can learn about ourselves through the stories inside of us.

Mama, you are already a writer without putting one word down on the page. What stories do you have to tell?

# You have a story in you.

Before you begin, let's be clear about the rules of writing in this journal.

There are no rules.

You can take inspiration from a prompt and veer off or follow the prompt exactly. You can get excited about one prompt and keep going with it for awhile or you can skip around from day-to-day. The only way to mess up this journal is to not write. You are already a writer in a sense that you have ideas and life experiences that have shaped you as a person. Start with who you are, your life, your experiences in motherhood, and then feel free explore where the prompts take you on and off the page.

## **START WITH YOU.**

Describe your personality. What is important to you? What do you like most about yourself?



## EXPLORE YOUR INTERESTS.

What TV show, movie, or media do you enjoy?

Describe a typical day. Juggling everything-kids, house, relationship, self, etc

What's your favorite meal? Who do you share it with?

Take a trip. Where do you go?

## **LIST OF 100 THINGS I LOVE**

Write down as many things you can think of that you like or love. Think of people, places, objects, or ideas that you are drawn to as a person and as a teacher. What makes you happy? Feel free to write, doodle, or do mind-mapping.



## **W H Y 9 0 D A Y S O F P R O M P T S**

The fourth trimester is 90 days. It also takes 90 days to build any lasting habit. Whether you are a new mama adjusting to motherhood or a mama of many, a 90-day creative writing journey is just enough time to dive into your own imagination.

## **H O W T H I S J O U R N A L W O R K S**

Each page is set up in a similar format. All pages provide brainstorming boxes at the top so you can do some pre-writing. All of the prompts come with word associations to help give your brain a jumpstart.

Remember, there are no rules. You can use the word associations, write off the page, or jump around the prompts out of order.

At the bottom of each page, you will find a daily affirmation. Take what you need each day.

**LET'S BEGIN**

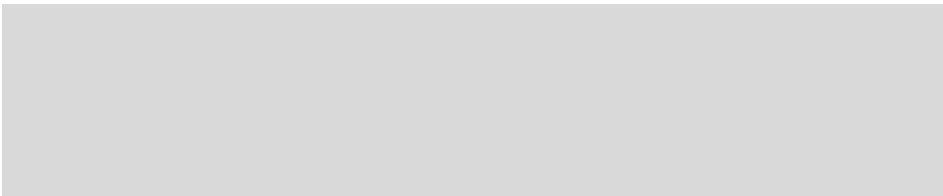








**You just created a new holiday that everyone must celebrate.**



**WORD ASSOCIATIONS**

Visit

Special

Vacation

Carnival

Ritual

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**Create a mathematical equation to show something you believe or know. Example: Hot Morning Coffee + Baby Naps =Happiness  
Write the story behind it.**

WORD ASSOCIATIONS

Passion

Dream

Gratitude

Serenity

Peace

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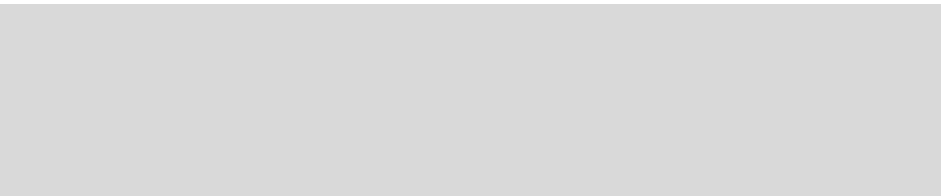
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I AM CONFIDENT IN MY ABILITIES TO MAKE THE RIGHT DECISIONS.

**You are able to bottle up memories. What memories do you want to hold on to forever?**



WORD ASSOCIATIONS \_\_\_\_\_

Amnesia \_\_\_\_\_

Remember \_\_\_\_\_

Store \_\_\_\_\_

Cherish \_\_\_\_\_

Flashback \_\_\_\_\_

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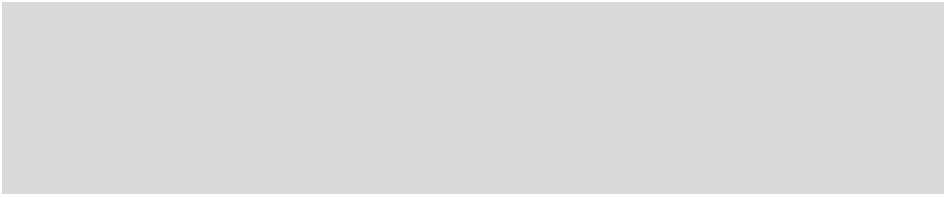
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**You reach into your coat pocket. You pull out a piece of paper that says...**



WORD ASSOCIATIONS

Buttons

Scribble

Fold

Lining

Collar

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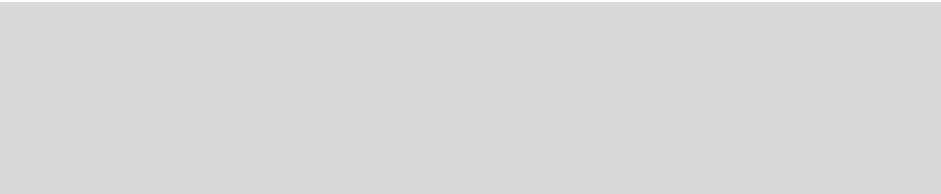
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**Pick a color to describe your mood today. Make a list of everything you can think of in that color.**



**WORD ASSOCIATIONS**

Reflective

Optimistic

Rainbow

Emotional

Fatigue

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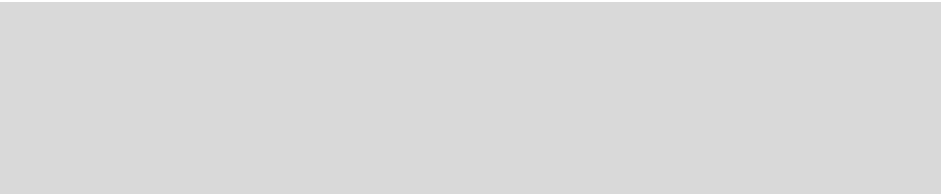
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**You are on a mission to get lost. Write a quick story about getting lost, what happens, and what you experience.**



WORD ASSOCIATIONS

Paradise

Treasure

Alone

Transportation

Shipwreck

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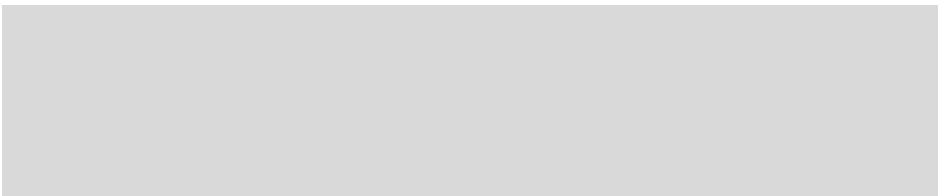
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THERE IS VALUE IN EVERYTHING I DO.

**You can write one piece of advice on a sticky note for your child to carry with them throughout life. What does it say?**



**WORD ASSOCIATIONS**

Offer

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Encouragement

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Give

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Ask

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Provide

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**You are in the shower and you find that your soap is magic. What does it wash away?**

WORD ASSOCIATIONS

Sponge

Towel

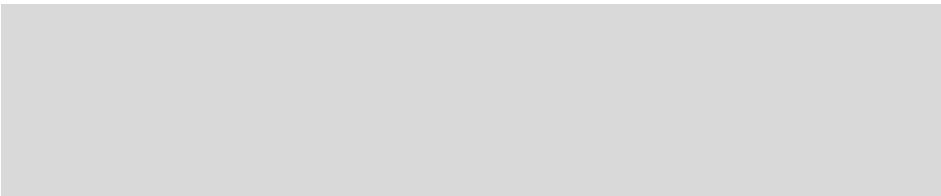
Splash

Clean/Dirty

Scrub

I AM ABLE TO SEE MY OWN POTENTIAL.

**You get to be a three-act story. Break your life up until this moment into three acts. Describe each experience.**



WORD ASSOCIATIONS

Role

Musical

Audience

Stage

Actor/Actress

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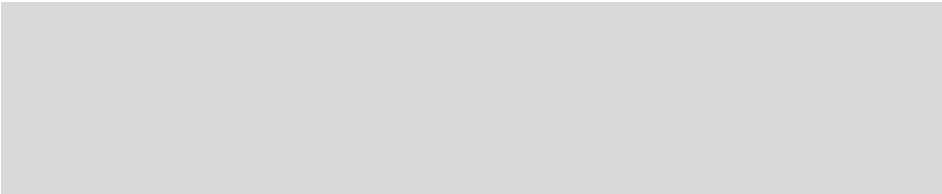
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TODAY IS GOING TO BE A GOOD DAY.



**Pick an object in your house. Write a letter to it. The letter can be out of appreciation, happiness, sadness, or even anger.**



WORD ASSOCIATIONS

Anonymous

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Forward/Send

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Initial

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Document

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Request

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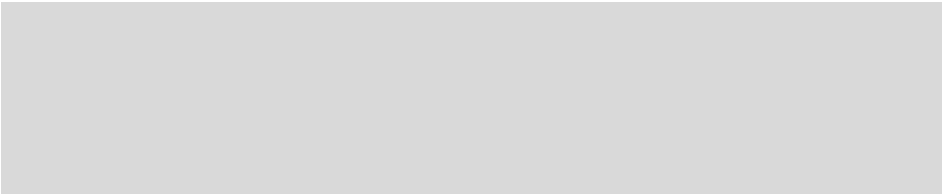
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**Your child's blanket or "lovey" is given a certain task to watch over your child. What is its mission?**



**WORD ASSOCIATIONS**

Doll

Playmate

Nursery

Shelf

Hold

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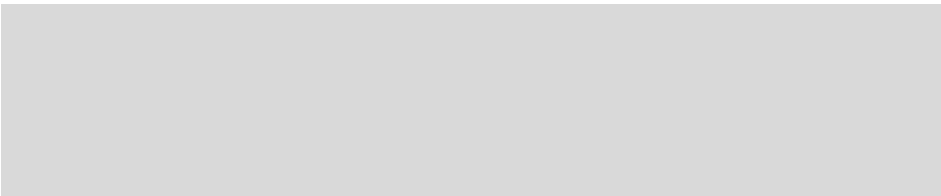
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**NOT EVERY MOMENT OF MOTHERHOOD IS LOVABLE, BUT I LOVE BEING A MOTHER.**



**You keep family albums with photos printed out not for memories. You keep them for another reason.**



**WORD ASSOCIATIONS**

Gallery

Frame

Wall

Arrange

Poster

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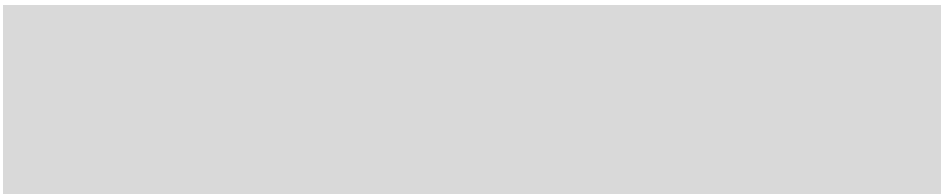
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**Motherhood just became an Olympic sport. What would be the contests?**



WORD ASSOCIATIONS

Olympics

Match

Endurance

Podium

Sponsor

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**You get to leave today to go on a road trip. Make your itinerary. Pack your bags. Start driving and see where it takes you!**

WORD ASSOCIATIONS

Turnpike

Gears

Asphalt

Detour

Wander

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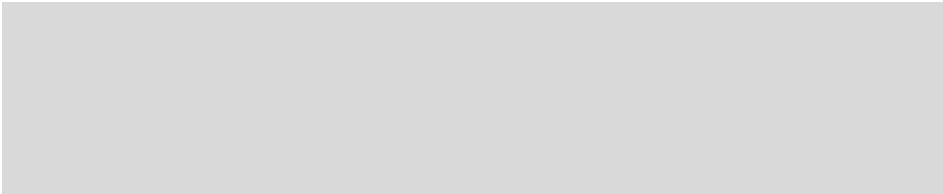
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**Create a song for you or for your child. Choose a theme, pick a tempo, or write down some words that rhyme.**



**WORD ASSOCIATIONS**

Duet

Beat

Title

Feature

Lyric

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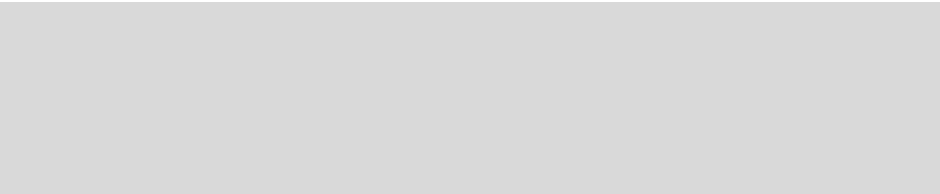
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**Write a story about falling in love. It can be with a person, a thing, or an experience or moment.**



**WORD ASSOCIATIONS**

Passion

Soul

Forever

Beloved

Affection

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**LET GO OF HOW YOU THINK IT SHOULD GO.**

**You are able to talk to your future child in the womb. You ask them, "Do you want the good news or the bad news?" What do you say?**



WORD ASSOCIATIONS

- Whisper \_\_\_\_\_
- Chatter \_\_\_\_\_
- Soothe \_\_\_\_\_
- Broadcast \_\_\_\_\_
- Air \_\_\_\_\_

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**You knew mom friends would be important after having kids. You didn't realize that they are all undercover agents with a secret mission. What is the mission?**

WORD ASSOCIATIONS

Detective

Operation

Infiltrate

Disguise

Pose

YOU DON'T HAVE TO SOLVE EVERYTHING AT ONCE. TAKE ONE DAY AT A TIME.



**You look out the window to see your neighbors are doing something odd. Describe the scene.**



**WORD ASSOCIATIONS**

Backyard

Driveway

Lawn

Street

Open/Close

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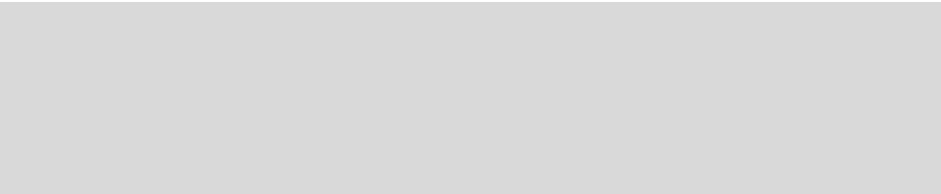
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**I AM LETTING GO OF TODAY'S STRESS.**



**Mid-tantrum your child stops and looks directly at you. "Good, now that I have your attention, I need you to know..."**



WORD ASSOCIATIONS

Hand

Announcement

Pause

Whisper

Silence

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YOU DON'T ALWAYS NEED A PLAN.

**You keep having the same dream. Describe the dream.**



**WORD ASSOCIATIONS**

Sleep

Eyes

Pillow

Drifting

Awake

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**MY POSSIBILITIES ARE ENDLESS.**

**You get to take your child on a tour of your own childhood.  
Describe the trip. Feel free to sound like a tour guide.**

WORD ASSOCIATIONS

Embark \_\_\_\_\_

Captain \_\_\_\_\_

Underway \_\_\_\_\_

Convoy \_\_\_\_\_

Itinerary \_\_\_\_\_

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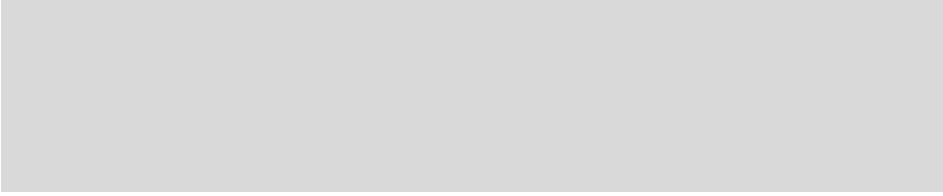
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I AM EXACTLY WHERE I NEED TO BE.

Your child is in charge for the day. You aren't able to say "no" to any requests. What does your day look like?



WORD ASSOCIATIONS

Follow

Polite

Request

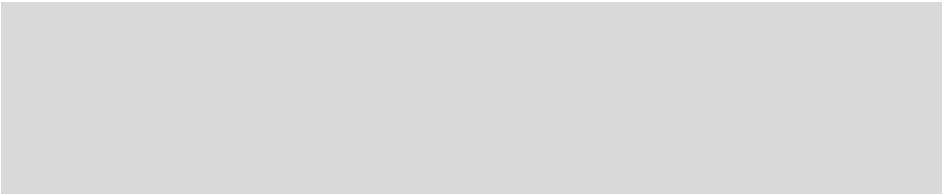
Grant

Adventure

Lined writing area consisting of 18 horizontal lines.



**Your imagination is your secret power. What do you use your power to do?**



WORD ASSOCIATIONS

Vivid

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Beyond

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Uncover

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Unleash

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Unlimited

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I AM A SOURCE OF LIGHT.

**Design a school for your children. What classes would they teach? What would be the setup? The hours? What would they learn?**



WORD ASSOCIATIONS

Enrollment

Bell

Prepare

Teacher

Classroom

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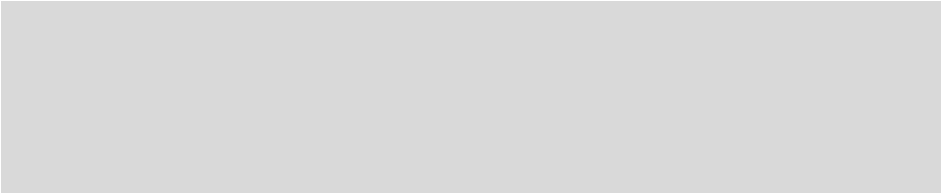
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**It was at the same time each day that it happened.**



WORD ASSOCIATIONS

Clock

Struck

Mechanical

Interval

Ticktock

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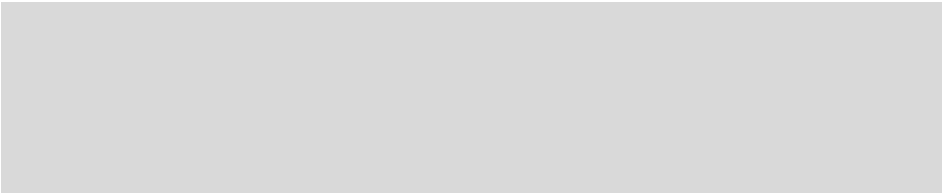
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**Home can be places and people. Describe your home as a place and as a person.**



**WORD ASSOCIATIONS**

Address

Mortgage

Love

Warmth

Cozy

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**Write a letter to your child describing the meaning of love.**

[Large grey rectangular area for writing the letter]

**WORD ASSOCIATIONS**

Joy

Dear

Unconditionally

Ordinary/Small  
Moments

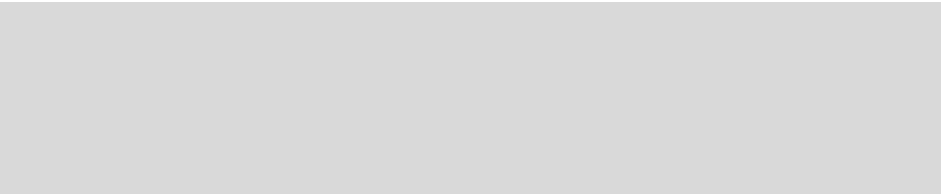
Soul

[Lined area for word associations]

[Lined area for the letter]

**IT IS OKAY NOT TO HAVE ALL OF THE ANSWERS.**

**Your child draws a picture. When they hand the picture to you, you are shocked. What did they draw?**



WORD ASSOCIATIONS

Pencil

Sketch

Crayon

Color/Shade

Background

A series of horizontal lines for writing, starting from the right side of the 'WORD ASSOCIATIONS' section and extending down the page.



**You find a gift wrapped on your doorstep. You don't know who it is from, but it has a note on it that says: "Unwrap me. Find happiness." What's in the box?**



WORD ASSOCIATIONS

Bow/Ribbon

Gold/Silver

Wealth

Tied

Note

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EVERYTHING I AM LOOKING FOR IS ALREADY INSIDE OF ME.



**Your pet can talk to you and the family. What does it say?**

**WORD ASSOCIATIONS**

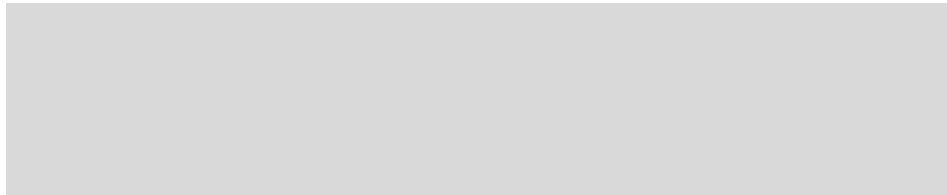
Devoted

Toy

Favorite

Dog/Cat/Rabbit/Turtle

Fur



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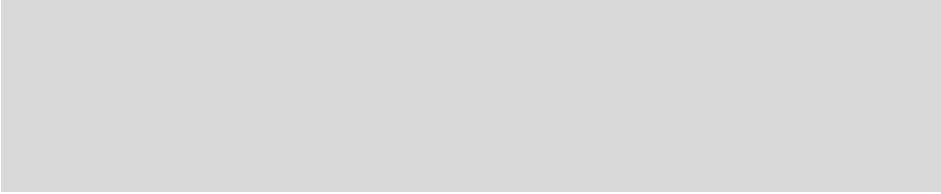
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**I CAN FIND JOY IN EVERYDAY MOMENTS.**



**A family member sits you down after babysitting the kids. They say, "Listen. They told me everything."**



**WORD ASSOCIATIONS**

Morning/Afternoon/  
Evening

Details

Training

Movie

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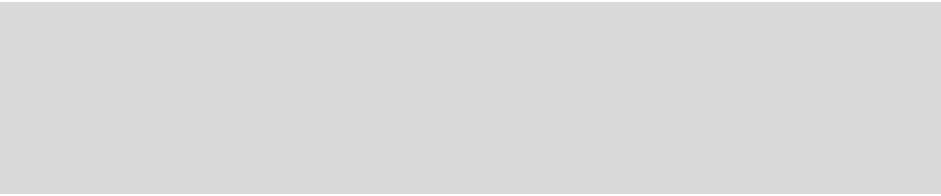
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I AM WORTHY OF THE LOVE I RECEIVE FROM MY CHILDREN AND FAMILY.



**Choose something that is a good luck charm. Start your story by either seeing it or running into it.**



WORD ASSOCIATIONS

Wish

Fortune

Want

Pendant

Odds

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**Describe motherhood as if it were an actual person.**



WORD ASSOCIATIONS

Birth

Exhausted

Nurture

Grow

Purpose

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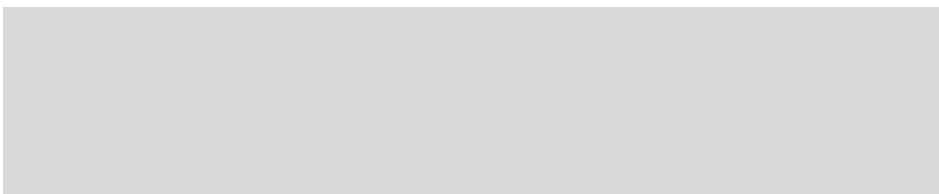
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**Stand in front of the mirror and take some time noticing the details about yourself. When you are ready, write the best pep talk or pick-me-up speech you can muster.**



WORD ASSOCIATIONS

Details

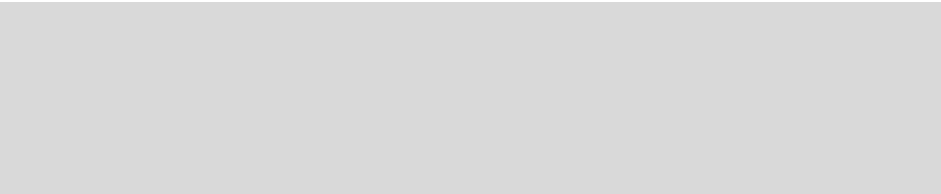
Gaze

Reflection

Positivity

Light

**Imagine you have a globe you can spin. When your finger lands on a place, you are immediately taken there.**



**WORD ASSOCIATIONS**

Suitcase

Flash

Explore

Detour

Ramble

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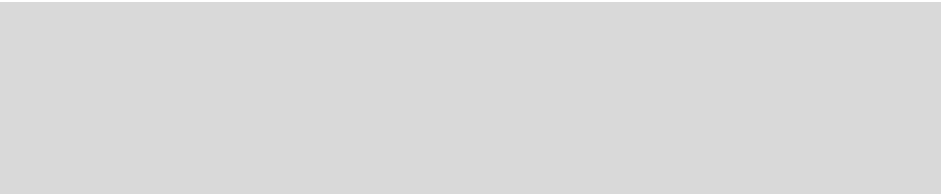
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**You get to design or invent a new gadget to help all moms. What do you see as a problem? What is needed to fix it?**



**WORD ASSOCIATIONS**

Gadget

Patent

Portable

Mechanical

Device

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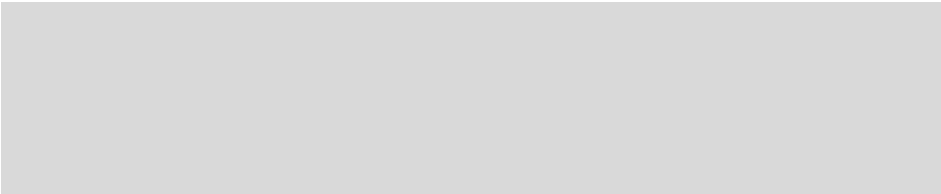
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**With one touch, you can give your child a gift. What do you give them?**



**WORD ASSOCIATIONS**

Moment

Reach

Extend

Bestow

Provide

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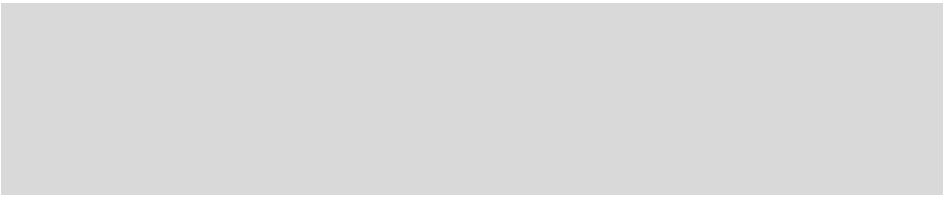
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**Choose a sunrise or sunset. Describe what you see in your mind.**



WORD ASSOCIATIONS

Sky

Horizon

Gold/Orange/Red/Pink

Daylight

Dusk

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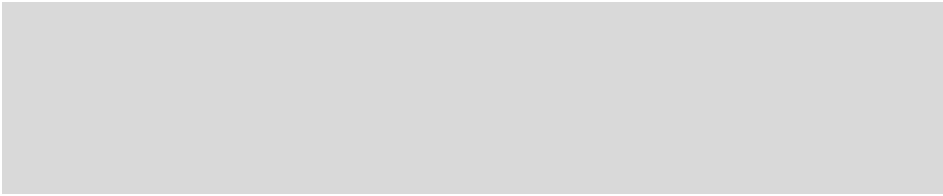
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**I DO NOT HAVE TO PROVE MYSELF TO ANYONE.**

**Describe your heart as if it were a house. Who lives in the rooms? How is it laid out?**



**WORD ASSOCIATIONS**

Basement

Living Room

Kitchen

Roof

Doorway

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**Every child that is born creates a star in the sky. You discover the history behind all of the stars and how they are made.**

WORD ASSOCIATIONS

Twilight

Supernova

Twinkle

Telescope

Moon

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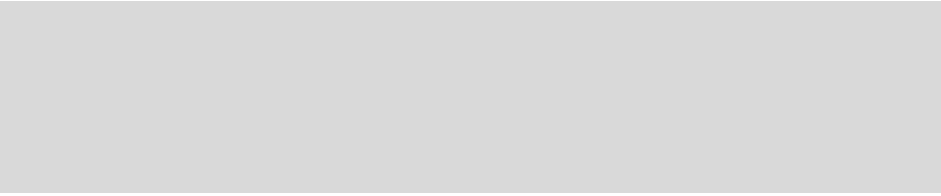
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**Describe the place that you feel the most relaxed.**



WORD ASSOCIATIONS

Ocean/Forest/Mountains

Hygge/Comfort

Calm

Temperature

Breathe

I AM BRAVE ENOUGH TO SAY EACH DAY IS A FRESH START.



**List the chores you have around the house. Now, create a superhero reason behind doing them.**

WORD ASSOCIATIONS

Cooking

Cleaning

Laundry

Routine

Daily

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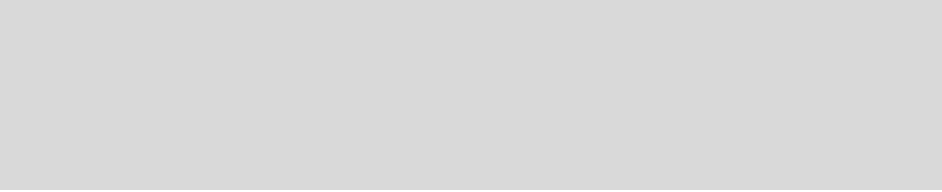
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I CAN FIND CALM IN CHAOS.



## Take one part of your birth story and add magic.



### WORD ASSOCIATIONS

Wand

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Charm

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Realm

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Potion

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Unicorn

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**You have been waiting for your child to take a nap to start something important.**



**WORD ASSOCIATIONS**

Blanket

Bassinet/Crib

Footstep

Impatient

Rock

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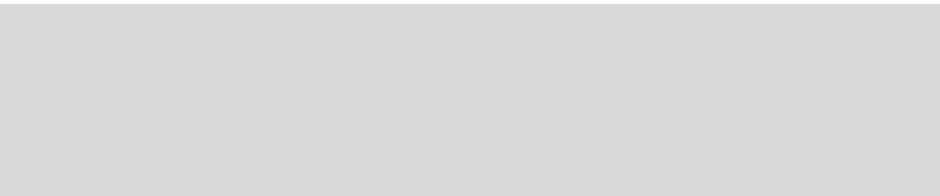
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**I CAN OBSERVE MY EMOTIONS WITHOUT GETTING ATTACHED TO THEM.**

**Design a medicine to cure something that hurts, a condition, or an ailment.**



WORD ASSOCIATIONS

Pill

Prescription

Bottle

Syringe/Vial

Heal

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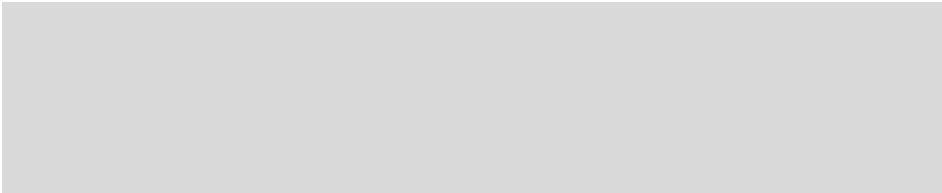
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What is one of your favorite things about yourself? This can be a physical trait or a personality trait.



WORD ASSOCIATIONS

Eyes/Lips/Hips

Personality

Loyalty

Heart

Home

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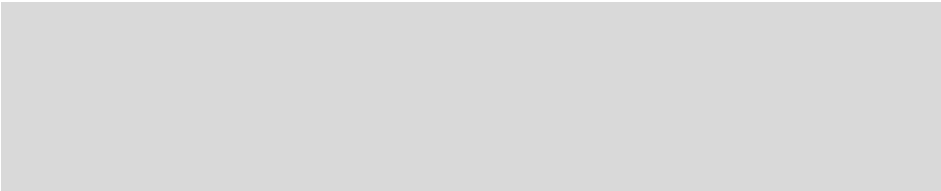
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**Choose an emotion or how you feel. Fill in the blank to this statement: "I'll tell you why I feel so\_\_\_\_\_." Then, make a list of the reasons why you feel this way.**



WORD ASSOCIATIONS

Sad

Content

Grateful

Burnt Out

Alone

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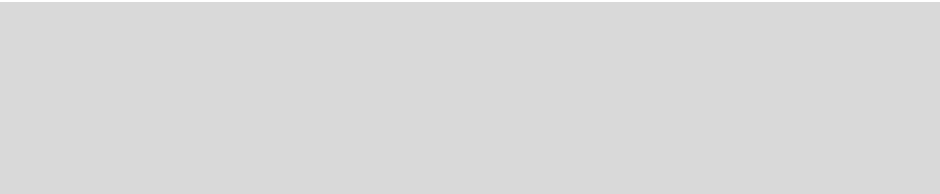
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**Make a list of all the things you rather do instead of doing the one thing you really dislike doing.**



**WORD ASSOCIATIONS**

Fear

Chore

Obligation

Task

List

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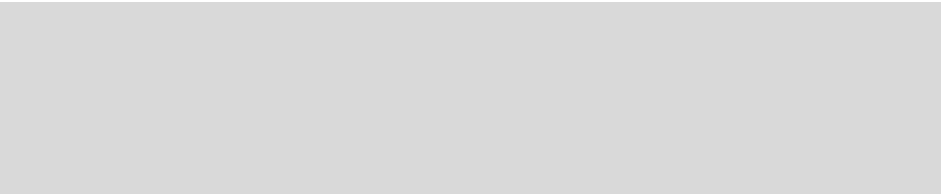
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**Write a letter to your body before giving birth or after giving birth.**



WORD ASSOCIATIONS

Tissue

Abdomen

Nutrients

Strength

Heal

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IT DOESN'T GET EASIER; YOU LEARN ALONG THE WAY.

**Think of a trait you really admire in someone else and wish you had. Write down that trait and then personify what you think you would look like, act like, or believe.**

[Blank greyed-out writing area]

WORD ASSOCIATIONS \_\_\_\_\_

Confidence \_\_\_\_\_

Style \_\_\_\_\_

Calm \_\_\_\_\_

Imitate \_\_\_\_\_

Secret \_\_\_\_\_

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**Laughter is literally medicine. Describe what doses you take, what situations you need it the most, and what the medicine looks like and tastes like.**

WORD ASSOCIATIONS

Belly	_____
	_____
Cry	_____
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Giggle	_____
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Shake/Burst	_____
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Echo	_____
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I CAN SEE THE GOOD IN EVERY SITUATION.

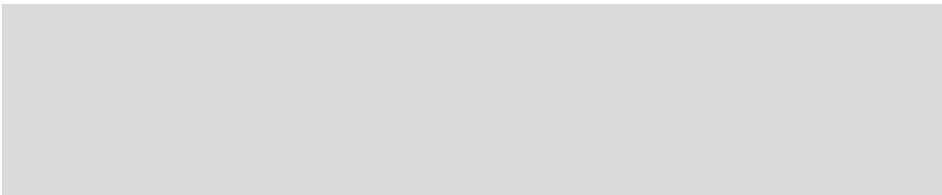








**Mamas get a ton of advice on how to do everything. Write an advice note to a new mama. Make it funny.**



**WORD ASSOCIATIONS**

Encourage

Try

Recommend

Offer

Expert

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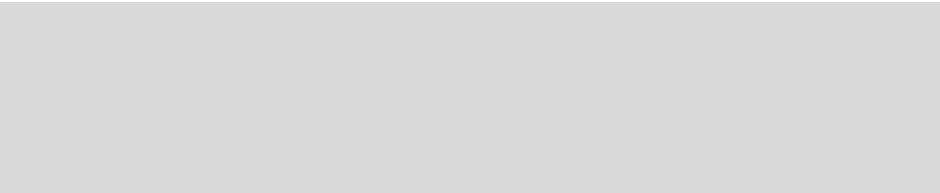
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**I WILL ASK FOR HELP IF NEEDED.**

**There is a magical gas station that doesn't fill up cars, it fills people up with what they need. Describe making a pitstop.**



WORD ASSOCIATIONS

Flow

Mixture

Oil

Exhaust

Gauge

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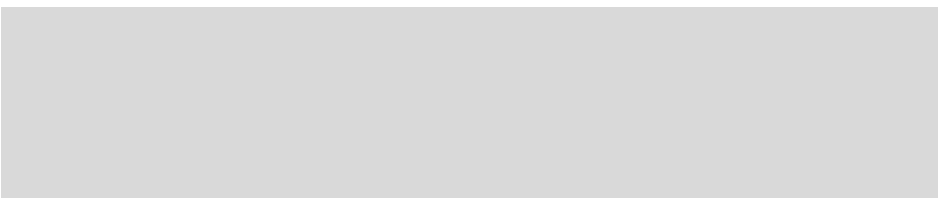
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**Describe a scent memory. Scents are attached to people and places. What is a scent important to you?**



**WORD ASSOCIATIONS**

Nostril

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Perfume

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Aroma

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Faint

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Lingering

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**Create a thought garden. What ideas, thoughts, affirmations, and feelings do you grow? Think of it as a physical place you go and visit.**



WORD ASSOCIATIONS

Terrace

Flower

Herb

Bloom

Plant

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**Write about something you think is adorable.**

WORD ASSOCIATIONS

Sweet

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Charm

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Fun

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Smile/Smirk/Grin

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Curious

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MY BODY NEEDED TO CHANGE IN MOTHERHOOD.

**I always knew I loved \_\_\_\_\_ but I didn't know I loved \_\_\_\_\_.**



**WORD ASSOCIATIONS**

Dear

Affection

Surprise/Sudden

Realize

Blink

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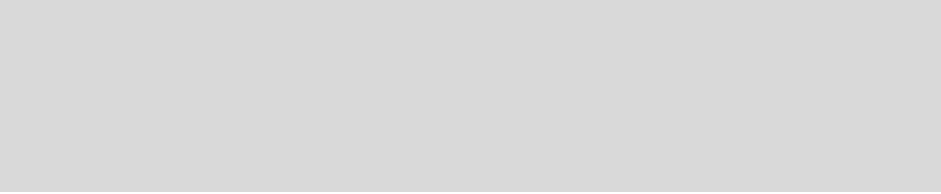
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**A subplot is a small moment of your day. Think small. Then zero in and make it really detailed AND important.**



WORD ASSOCIATIONS

Suspense

Slow

Silent

Pause

Flash

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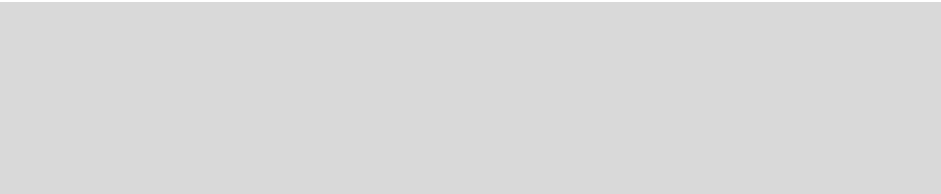
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**Create a quilt. Think about pictures or memories that are important to you. What scenes would you add to a quilt to keep you warm?**



WORD ASSOCIATIONS

Embroidery

Sew

Decorative

Patterned

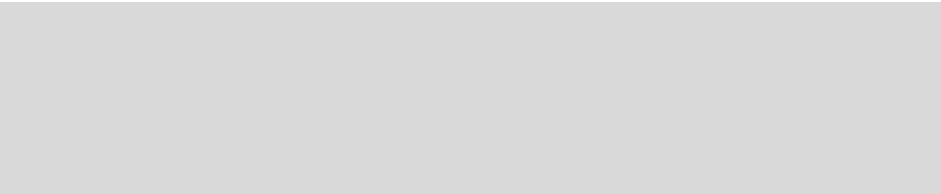
Wrap

[Handwriting lines for word associations]

I WILL START TO RECOGNIZE THE THINGS I AM INSTEAD OF THE THINGS I AM NOT.



**Write a scene starting with a tradition or family ritual that doesn't go as planned.**



**WORD ASSOCIATIONS**

Table \_\_\_\_\_

          \_\_\_\_\_

Guest \_\_\_\_\_

          \_\_\_\_\_

Food \_\_\_\_\_

          \_\_\_\_\_

Decoration \_\_\_\_\_

          \_\_\_\_\_

Music \_\_\_\_\_

          \_\_\_\_\_

Culture \_\_\_\_\_

          \_\_\_\_\_

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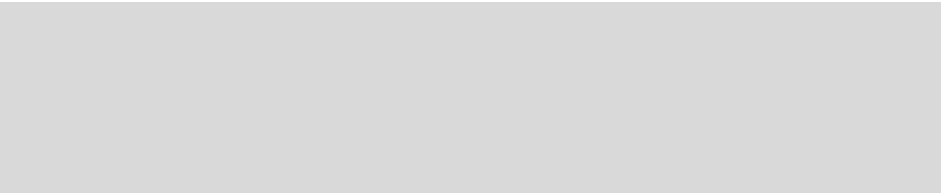
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**Write a recipe for an intangible thing. This could be something like love, laughter, disappointment, or worry.**



WORD ASSOCIATIONS

Cookbook

Ingredient

Flavor

Measuring Amount-oz,  
cup, tsp, tbsp, etc

Bake/Fry/Boil/Stew/  
Steam/Chop/Slice

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**Describe yourself from your child's point of view.**

WORD ASSOCIATIONS

Body

Mind

Heart

Habits

Soul

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**Write a flash fiction horror story about an ordinary situation (e.g., buying groceries, going to soccer practice, or taking a walk).**



**WORD ASSOCIATIONS**

Dread

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Scream

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Gasp

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Shudder

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Supernatural

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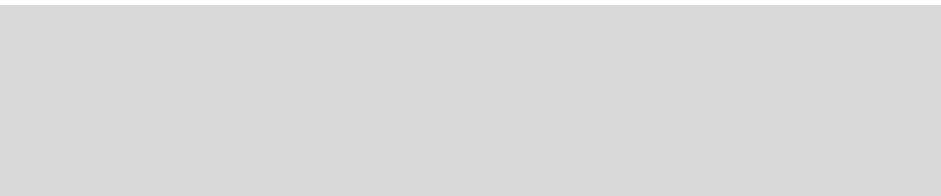
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**There is a secret room just for you in your house. Where is it located? What is in it? How do you manage to go to your hiding place?**



WORD ASSOCIATIONS

Doorway

Lock/Unlock

Open/Close

Creak

Sneak

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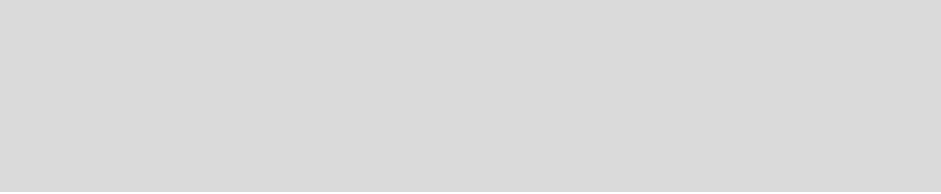
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**Write from the perspective of a bubble. Where do you go? What do you see?**



**WORD ASSOCIATIONS**

Foam

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Float

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Round

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Shiny

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Drift

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# WANT MORE WRITING?

Thank you for supporting my blog, Writing Mindset!

Writing Mindset is a lifestyle blog that started out as a teacher blog in February 2017. I chose the blog name Writing Mindset because writing was and remains something that always brought me joy, and it was the first area of teaching that would make me stay up at night thinking of other strategies, lessons, and tools.

I was hooked. My brain was on fire with ideas.

For three years, I wrote about the teaching of writing and reading, professional development for teachers, inspiration for teachers who also write, and self-care within the profession. Now, the blog has transformed into an outlet for me both inside and outside my classroom.

Writing Mindset still focuses on the positive aspects of writing in the classroom, but it now includes other topics like journaling, motherhood and family, and finding daily wellness.

**[WWW.WRITINGMINDSET.ORG](http://WWW.WRITINGMINDSET.ORG)**

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