

Engage

A
Journal
FOR THE
Journey

Year
One
THE
SEARCH

A Daily Journal from the University of Denver's Prison Arts Initiative
Text by Clare Hammoor, Illustrations & Type by Andrew Draper

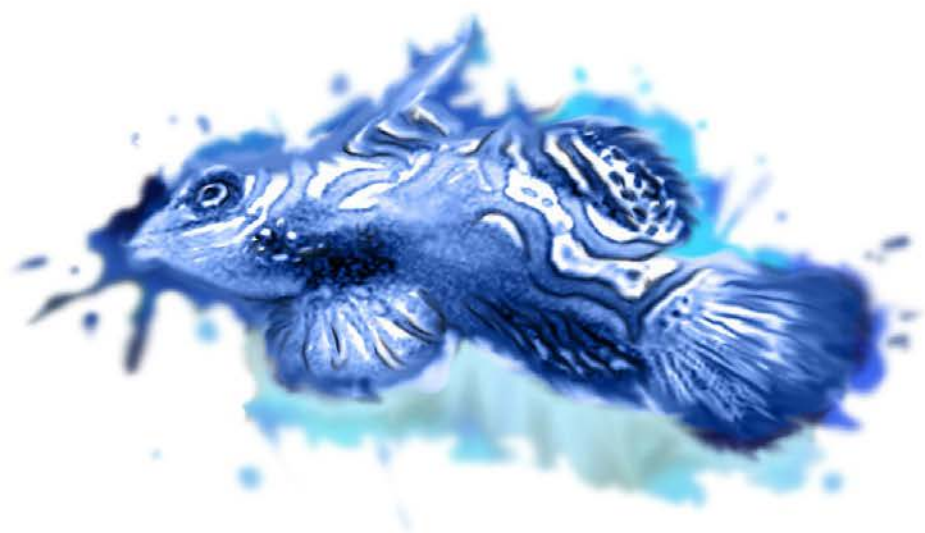
Year One

by
Clare Hammond
illustrations & type by
Andrew Draper

First printing for residents of the Colorado Department of Corrections
January 2021 by the University of Denver Prison Arts Initiative.

This work is licensed under a Creative Commons Attribution Non-Commercial
No-Derivatives 4.0 International License. Verbatim copies of this journal may be
printed, copied, and distributed for non-commercial use only.

ISBN: 978-1-7361666-1-1



Sojourn

A sojourn is a space to stop, to rest, to breathe. Its ephemeral; just a moment in the midst of a journey. Sojourns are a part of our everyday life. Sometimes we are able to choose when these temporary stops happen and other times, they happen to us. Still other times, they may come as a surprise of our own making. Sojourns could indicate diversions from the plan – residences for a time. Sometimes they last a few seconds, other times, years. Can a sojourn last a lifetime?

Its power relies on its dissipation. It's meaningful because it's not forever.

Perhaps you find that idea to be reflective of where you are just now in your life. Perhaps the idea of a rest is just what you have been trying to incorporate into your life. Perhaps, like me, you are trying to give journaling a chance as an experience of self-reflection, pause, and as a way of hoping for the future.

The journaling practice we are calling SOJOURN is a summons for your spirit in dark times. It is a way of crafting yourself. SOJOURN is an invitation to practice reflection, discovery, play, and renewal behind and beyond walls.

This journal is an opportunity to rest, to breathe, and to sink deeper into yourself. Wherever you are on your journey, I hope this journey is a respite.



This fifty-week journal is composed of daily prompts which ripple out from the theme of 'the search.' You might find yourself in the midst of a search right now. Whether you are searching for a loved one, a missing pair of glasses, a lost friendship, or even yourself, the journey of searching is what this journal is obsessed with. No pursuit is too BIG or too small to explore in these pages. No search is trivial or unwelcome here. Whatever inquiry you are currently embarked upon, I believe that the act of looking and learning with curiosity is a daily challenge that makes life worth living. I believe that being alive in the hopes of something yet to come is elemental to our existence as human beings. Won't you join me on the search?

Font to Guide

An illustrator's guide on a way to approach this journal

Bubbles are trapped air that rises in other elements that have more mass than the bubble itself. Whenever you see bubbles on a page, take time to explore your life. Is there anything in your life that is trapping you? What can you do to rise above it?



Compasses are meant to help you navigate, find your way, and not get lost. Take a moment to search yourself for the direction your life is headed when you spot a compass.



Colorful and uniquely beautiful, coral reef proactively help defend shorelines from storms and erosion. When you see an image of coral, take a moment to think of what you use as a proactive defense, and what is exceptionally beautiful in your life.



Eyes are not only windows into the soul, they are also meant to observe the surrounding world. Anytime you see an illustrated eye, search for the words highlighted in blue. Put them in order over the coming days and weeks that you document your journey.



Most fish live and travel in schools. They do this for various reasons, but what is amazing is their sense of togetherness. When you see images of multiple fish, take a second to think of and be grateful for those you consider family.



Jellyfish are transparent so they can easily blend in with their environment. When you spot a jellyfish in this journal, think of how you blend in with the things in your life. How do you merge with your family and friends? How are you the same? How are you different?



Light rays naturally break through many dark caverns and spaces. Highlighting what otherwise would be dark spots, beauty can be seen here. Whenever you see light rays on a page, think about what shines brightly in your life.



Font to Guide

An illustrator's guide on a way to approach this journal

Maps, similar to compasses are designed to keep you from getting lost. The difference between a compass and a map is that maps are meant to guide you. Whenever you spot a map on a page, reflect on where it is that you want your life to go.



An octopus has many tentacles that it uses for many different things. These limbs help them eat, move and defend themselves. On the days that you see an octopus, take time to think of how you move and juggle the many things that are happening in your life.



The seahorse is thought of as a very calm and serene animal. Whenever you spot a seahorse on these pages, think of what gives you a sense of peace.



For many years ships have been used to help people travel, explore and discover. When you see an image of a ship, tap into your inner explorer. Are there places you would like visit? Any sights you would like to see?



When threatened, turtles retract into their shells. They do this to protect themselves from potential dangers. When you see this image, take a moment to examine what it is that you do in your life to protect yourself. What is your shell?



Waves are powerful. With great force, they continuously crash into the shores of the world. When you see a wave on a page, pause and think of what is happening around you. Is anything too strong for you? Is there something not powerful enough?



Taking up a lot of space, whales are large. When you see a whale on the page, take some time to think of what looms large in your life. Do you want it that big? Do you want to make space for something else? Is there something you want to make larger?





Week One

Day One

What are the origins of your name?

Day Two

Does your given name show the world the you that you want them to see?
If you could be called anything, who would you be?

Day Three

Think about a time someone used your name as a curse.

Write a little prayer for the person who misused your name.

Day Four

Say hello to someone you usually wouldn't today.

Be sure to call them by their name.

Jot **down anything you** notice in their response.



Day Five

Say hello to someone you care about today.

Say it like you **are grateful to have** just found them after a long search.

Jot down their response alongside your own feelings as a mini-comic strip.

Day Six

What are the five things you *think* people think of when hearing your name?

1

2

3

4

5

What are five things you *hope* people will think when people hear your name?

1

2

3

4

5

Day Seven

Describe a time your name brought comfort to someone.

Draw a little timeline of the journey your name has taken **over your lifetime**.



Week Two

Day One

Describe a time when someone was looking for you and you didn't know it.

Day Two

Write a 10-word poem (or two) describing yourself if someone found you right here, right now.

Day Three

Write about a time someone was looking for something from you but you couldn't give them what they wanted. What did that interaction do to your relationship?

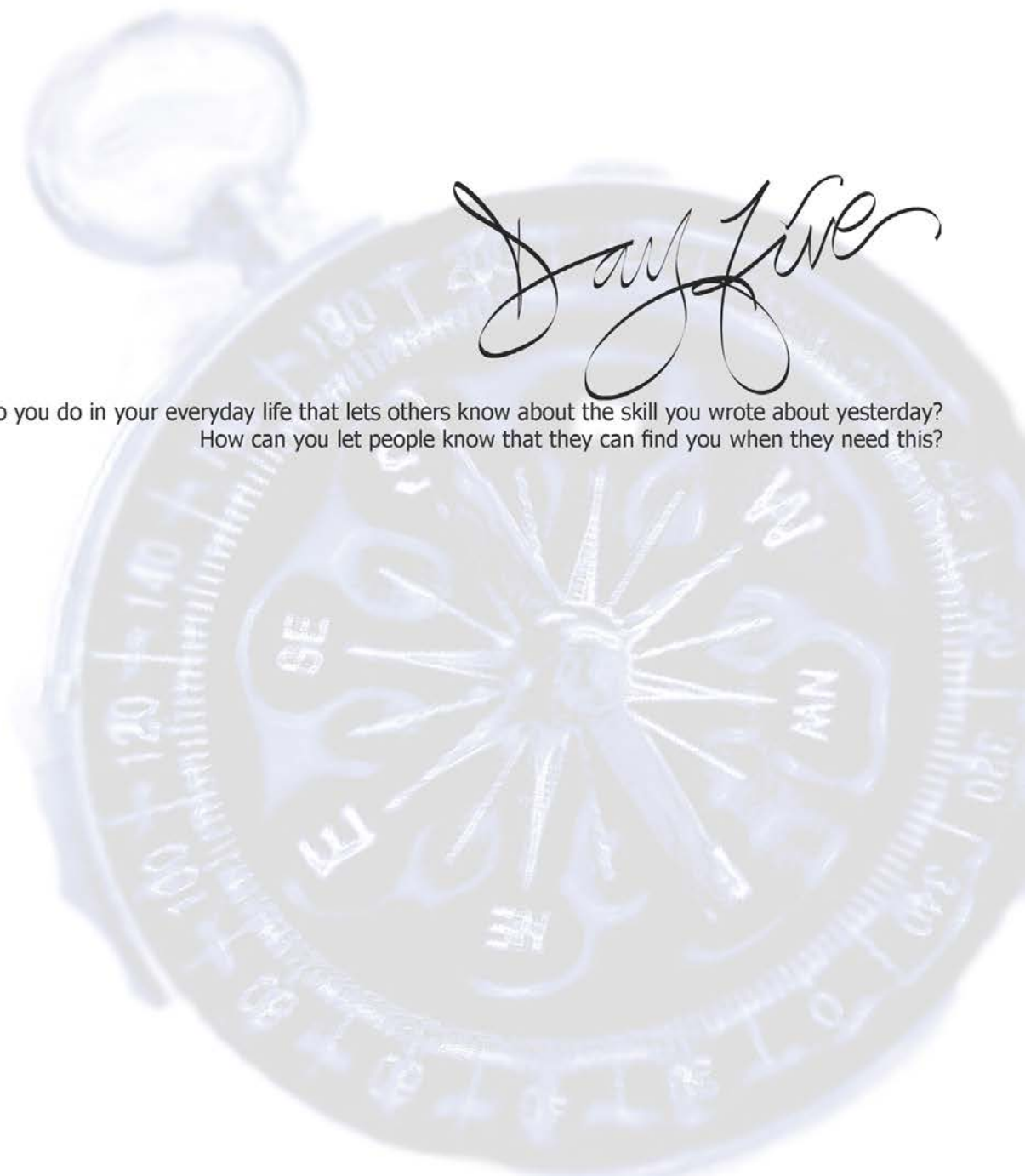


Day Four

What do you hope people might come to you for?
What do you have that makes you worth seeking out?
Everyone has something.

Day Five

What do you do in your everyday life that lets others know about the skill you wrote about yesterday?
How can you let people know that they can find you when they need this?



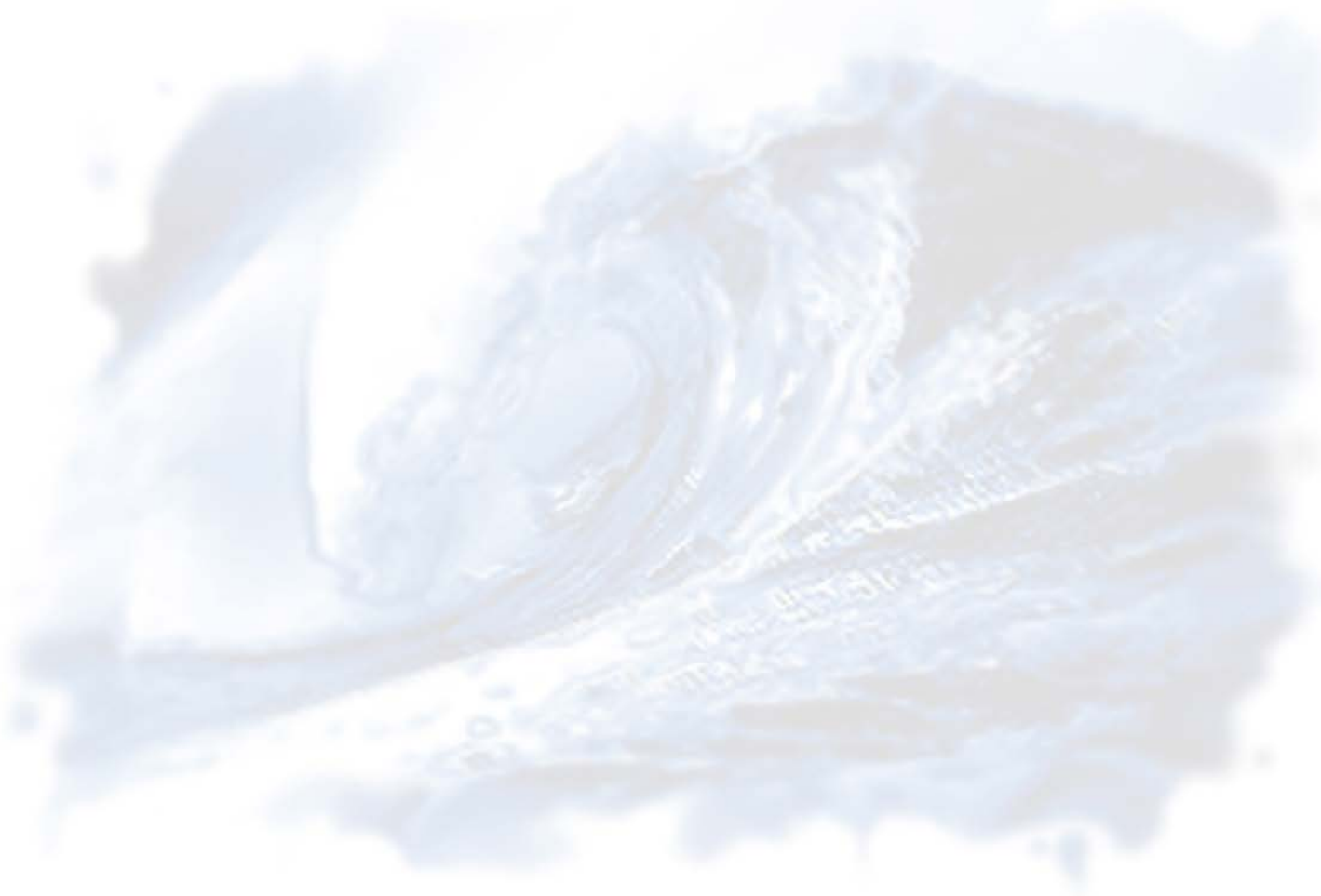


Dan Gix

Spend some time doodling or drawing and wondering about the ways you show others that you care about them.

Day Seven

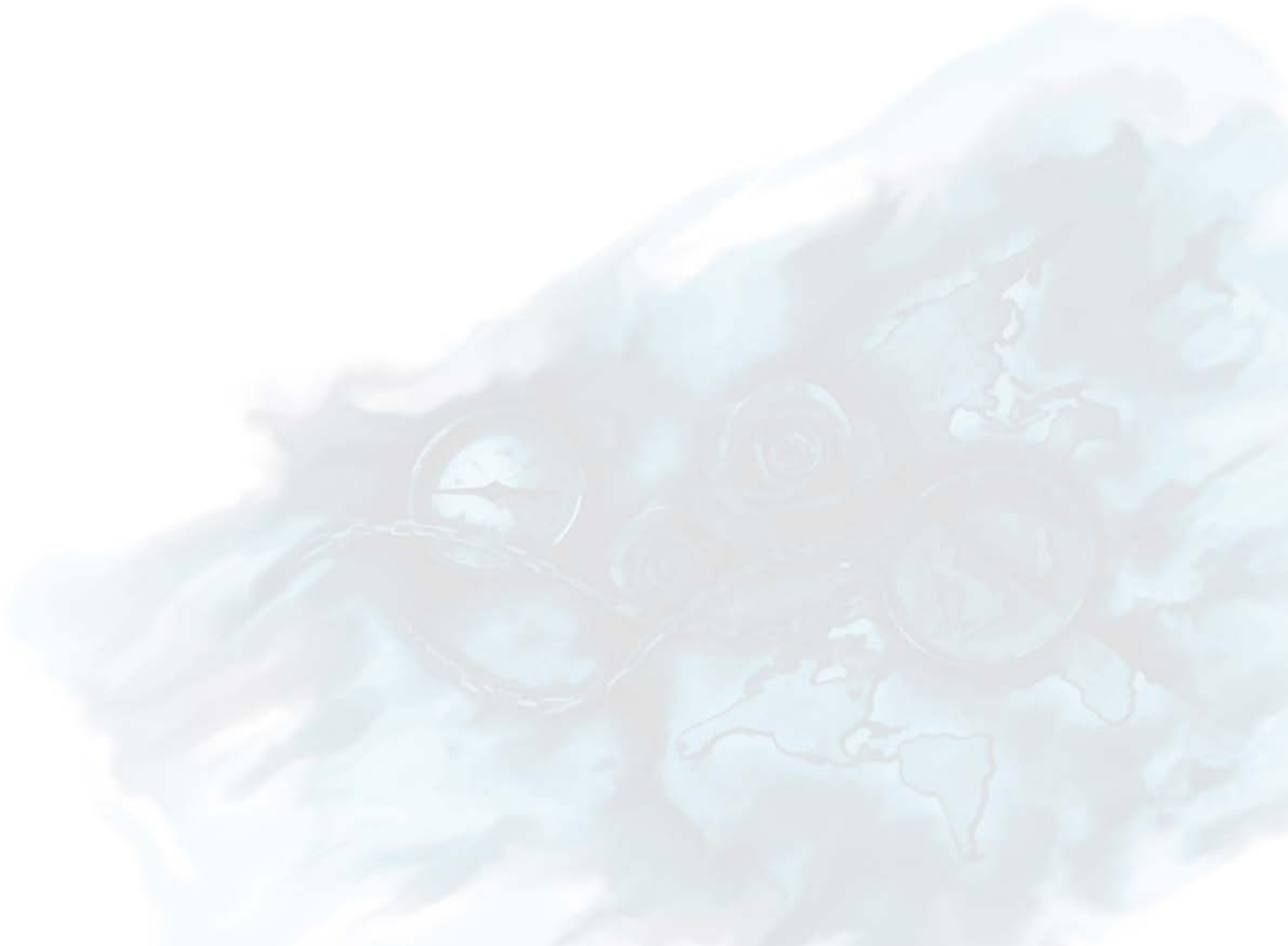
If someone new finds you just as you are today, what do you hope they would think?
What do you hope they would say?



Week Three

Day One

Recall a time you were searching for something or someone you now know was not good for you.
Write about that search or draw it as a map.



Day Two

Recall that same something or someone you now know was not good for you.
What was it about that something or someone that made it or them not useful for you on your journey?
How do you see yourself today after this search?



Day Three

Recall that same something or someone you now know was not good for you.
Have you been able to release this person or thing from your life?
If so, write about that release.
If not, imagine how you can take the first step toward letting it or them go.



Day Four

Who is close to you and struggling to release someone or something that they know is not good for them?
What can you do to support them in their journey?
Think small – not about solving their problem – think about ways you can let them know you are there for them.
Maybe make a list.

Day Five

Reflect on the list you made yesterday that will help you to support that person **who** is close to you.
What **will you** do today to hold them in their journey?
It could **be in**-person or over **the** phone or deep in your heart.

Day Six

Have you ever told your story of that someone or something that was not good for you to another person?
Why or why not?
If you have: how did it affect you?
If you have not: how does that affect you?

Day Seven

Recall that same something or someone you now know was not good for you.

If it's a living being, what do you hope for their **future?**

If it's a thing, how do you hope others will interact (or not) with it?



Week Four

Day One

Describe a time someone was looking for you and you hoped they wouldn't find you.

Day Two

When was the last time you hid from a person or a situation?

Are you still hiding?

If not, how did you leave that hiding spot?

Day Three

What parts of yourself do you hide from?
What parts of you do you keep deep inside?

Day Four

Look back at the things you wrote yesterday.
Write a short poem to let yourself know that it's okay to be working through these things.
We all have them.

Day Five

When you encounter someone you don't get along with today,
in person or in your thoughts, practice looking a little more softly at them.
Practice giving them a little grace.
Jot down what this feels like.

Day Six

What could someone else do for you to help you face the parts of yourself that you hide from?
What makes you feel supported when you are scared?.

Day Seven

Today, I hope that I am truly_____.

Today, I hope that I am truly_____.

Today, I hope that I am truly_____.

Today, I hope that I am truly_____.

Today, I hope that I am truly_____.

Today, I hope that I am truly_____.

Today, I hope that I am truly_____.

Today, I hope that I am truly_____.

Today, I hope that I am truly_____.

Today, I hope that I am truly_____.

Week Five

Day One

Think about someone who found you in a dark moment and brought you light.
Describe that experience.

Day Two

Think more about the moment you described yesterday.
What did you learn from that experience?
How have you used it since?

Day Three

Write a little prayer of hope for yourself in the dark moment you shared.
Then write a little prayer for a dark moment that will come up in the future.
We all have them.

Day Four

Think back to that someone who found you in a dark moment and brought you light.
Write them a thank you note here.
Tear it out and send it to them.

Day Five

Take a moment to meditate on that person who found you in a dark moment.
Write or draw or doodle some of the feelings this person brings up for you today.

Day Six

Do you ever wonder what brought that person to you in your dark moment?
Take some time to draw or write about the journey that brought them to you.

Day Seven

Who do you know is struggling today?
How can you find your way to them?
What can you do to show up for them?

Week Six

Day One

Who is someone in your life waiting for you to find them?

Have you known for a while?

Are you choosing to leave them alone for some reason?

Day Two

Thinking more about this person who may be waiting for you:

How can you kindly let them know that you have been there for them all along?

Day Three

What does it feel like to push people who need you away?
Why might you choose to or even need to do this?

Day Four

Describe the journey you are going to take to connect with someone who is waiting for you.
It could be real or fantastical.



Day Five

Take a moment to close your eyes and breathe.
Use this time to think about connecting your heart with the heart of someone who is waiting for you.
Draw or doodle feelings and ideas that come up once you open your eyes.

Day Six

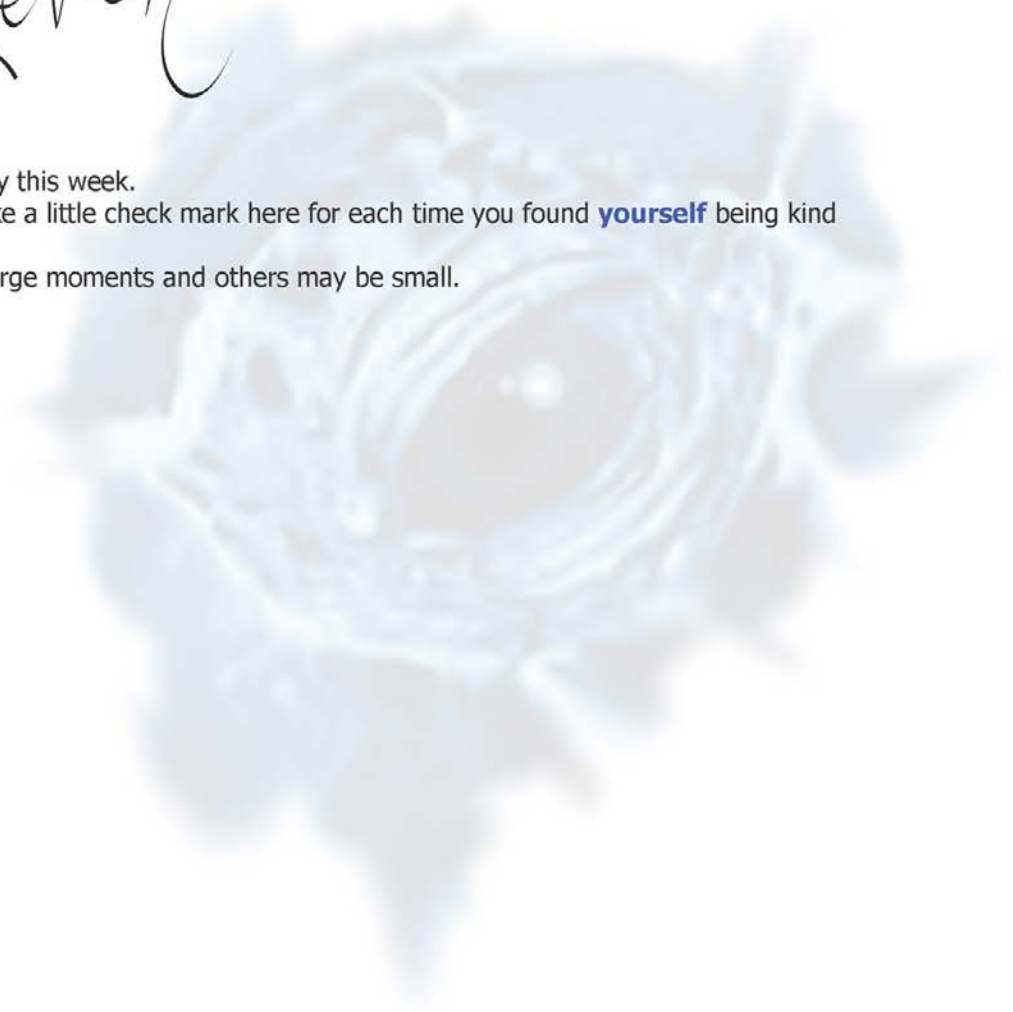
Write this person who has been waiting for you a little letter.
Share something they may not know about you.
Ask them a question you don't know the answer to.
Rip it out and share it.

Day Seven

Look back on your own journey this week.

Think about each day and make a little check mark here for each time you found **yourself** being kind (to others or yourself).

Some checks may be big for large moments and others may be small.



Week Seven

Day One

If you could bring any five people to dinner with you, from any time and any place, who would they be?

Day Two

How do each of your five dinner guest intersect with you and your journey?
What do they bring that you find to be fascinating?

Day Three

Who do you know in your life that is strikingly similar and different from each of these five dinner guest?
How so?

Day Four

What questions would **you love** to ask your five dinner guest?
List at least ten.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Day Five

Try to re-frame the questions you created yesterday for people you eat meals with now. Jot down your thoughts below and try to bring up a new and exciting idea the next time you sit down to eat.

Day Six

Take a moment to recall the last meal you were able to eat with **other people**. How would your perception shift if you imagined those people to be just as magical as the five dinner guest you wrote about earlier? Draw or doodle some ideas.



Day Seven

What kind of contribution do you make when you are eating with others?
How can you begin to offer more to the people you care about over a meal?

Week Eight

Day One

Create a list of features (physical, characteristic, spiritual, emotional, etc) that define you today.

Day Two

Draw a timeline showing your whole life.

Draw, write, or doodle the moments that led you to create the characteristics you wrote about yesterday.



Day Three

Create a new list of features (physical, characteristic, spiritual, emotional, etc) that you hope to see defining you a year from today.

Day Four

Rewrite your lists of features side-by-side.

Draw a line from the you now to the you to come between features that may change and grow.

Jot down ideas for how these changes might happen along the lines.

Today

A year from today

Day Five

Look back over the lists you created above and the ways you might grow.
Choose a few features of yourself you want to work on over the coming year.
Make a list and give a couple reasons why you want to explore them for each feature.

Day Six

Peek back at the list you made yesterday.
Create a list of concrete steps you hope you can follow to complete each goal.

Day Seven

Spend some time reflecting on your writing this week.
Go back through and edit accordingly.
Just because it's the first thought, doesn't mean it's actually the one to use.

Week Nine

Day One

What can **you do today** to begin the journey of growth you outlined last week?
Write down a list of three simple things you **can** accomplish before the end of the day.
Check them off when you try them out.

- 1.
- 2.
- 3.

Day Two

Creating new habits takes practice and time.

Look back on the list you made yesterday: are those three things you would like to practice daily?

If so, edit them and rewrite them below. If not, update them and **make** a list here.

Day Three

Take some time to release the doubts that are holding you back from starting this new journey.
Write those doubts here.
Tear them out and then tear them up.
You are bigger than your doubts.

Day Four

Practice the habits you wrote on day two of this week.
How did they go?
Were you able to do all of them throughout the day?
If not, edit them again.
Keep working until you find something that works.

Day Five

Write yourself a note of encouragement for the journey ahead.

Then go on to Weeks 17, 27, 37 and 47 and write yourself a reminder to come back to this page to see what you wrote.

Day Six

Go back to Weeks 17, 27, 37 and 47 and write yourself a brief note of encouragement on each day to keep going.

It could be a sentence or a doodle or a drawing.

You can do this.

Day Seven

When **you** are able to be the person you hope you will be in a year, what will you hope for next?

Every life is a series of goals and hopes and dreams.

Never stop dreaming about the you you want to be for yourself and others.

Week Ten

Day One

Take **a** moment to noodle a relationship in your life that you think might strengthen or improve because of the goals you wrote about last week. Write a few hopes for that relationship here.

Day Two

Think deeper about the relationship you considered yesterday.
How might your goals help to repair something broken in that relationship?
How might they change it for the **better**?

Day Three

Write a brief poem or note to the you that started this journal nine weeks ago.
Congratulate yourself on making it this far.
Challenge yourself to keep working on **you**.
You deserve it.



Day Four

What can you do today to help people you care about see that you are working on yourself.
Doodle a few ideas and check back in at the end of the day with some results.

Day Five

How are you feeling by practicing the goals you created each day?

Have you been able to work on them regularly?

Check-in with yourself.

Make changes if you need to.

Be honest.

Day Six

Do you ever wonder if you will lose relationships if you change for the better?

Are you afraid of losing people you rely on?

Spend some time journaling about any fears you may have.

They are normal.

Day Seven

Who are the people you think will best be able to support this newly grown version of you?
How can you surround yourself with people who genuinely care about your growth?
Draw or doodle or write about the people who deserve to be in your life.





Week Eleven

Day One



Sketch a ground plan of a space you spend a lot of time in.
Label each of the elements in your space.
Then label any emotions that come up for you in that space.

Day Two

Sketch a ground plan of a space you spend time with other people in.
Label the places you like to hang out and who you spend time with in those places.
Then label any emotions that often come up in this space.

Day Three

Go back to the sketches you made on Day One and Day Two of this week.
Spend some time editing them to release any negative emotions that are being held in those spaces.
Try crossing out some of the labels you created and adding new ones that you are hoping for.

Day Four

Take some time to really look at the space you sketched on Day One of this week.
Jot down a handful of things about that space that make you feel safe.
Next to that list, jot down a handful of things that make you uncomfortable.
Are there any things that make you uncomfortable that you can remove or shift?

Things that make you feel safe:



Things that make you feel uncomfortable:



Day Five

Find a way to experience that space you sketched on Day Two of this week.
Make a list of things that you bring to that space and another list of things
people you spend time with bring to that space.
Do your lists complement each other?
Are there discrepancies?

Day Six

Spend at least ten minutes today really examining the fine details of the space you spend a lot of time in.
Find something there that you have never really noticed before.
It could be as small as a crack in the wall or even the way a seam comes together.
Then, write a description of this space for someone who has never experienced it before.

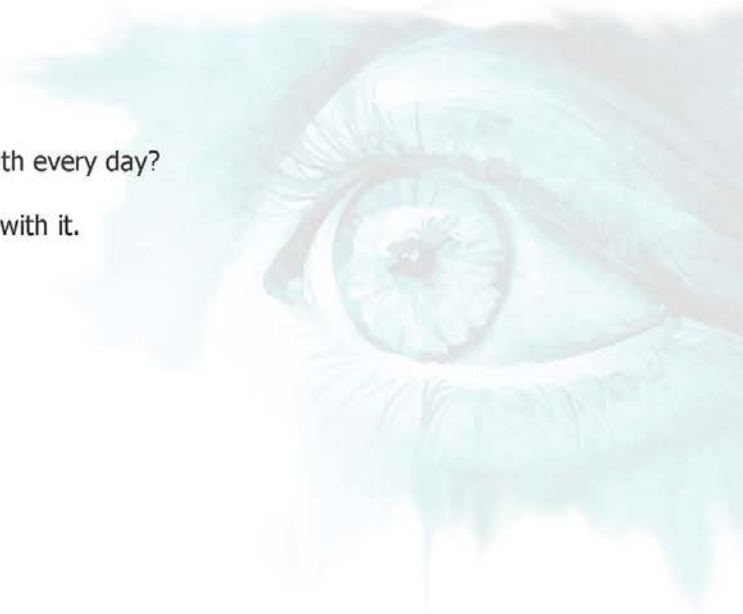
Day Seven

Today, see if **you can begin** to approach other spaces with the awareness you practiced yesterday. Be intentional about experiencing the space around you as if it was the first time you had ever been in it. Write and/or doodle something you notice about these everyday spaces.

Week Twelve

Day One

When you were a child, what was one object you had to interact with every day?
It could be a stuffed animal, blanket, or toy or **anything**.
Doodle it if you want and write about a specific memory you made with it.



Day Two

Write a little poem or letter of gratitude to this object.
Did it keep you feeling safe?
Did it invite you to play and create an imaginary world?
Be sure to thank it for specific reasons.



Day Three

Try to recall when that object disappeared from your life or when you stopped needing it.
Write a little story about that moment.



Day Four

Take an inventory of the objects in your life that you use everyday.

Make it a list of things that no one else uses.

Toothbrush? Comb? Sheets? Water bottle? Markers?

Next to each one, rate it on a scale of one to five — one means it is meaningless or interchangeable with another thing and five is full of meaning specific to you.

Item:	1	2	3	4	5
Item:	1	2	3	4	5
Item:	1	2	3	4	5
Item:	1	2	3	4	5
Item:	1	2	3	4	5
Item:	1	2	3	4	5
Item:	1	2	3	4	5
Item:	1	2	3	4	5

Day Five

Check in with the objects you inventoried yesterday.

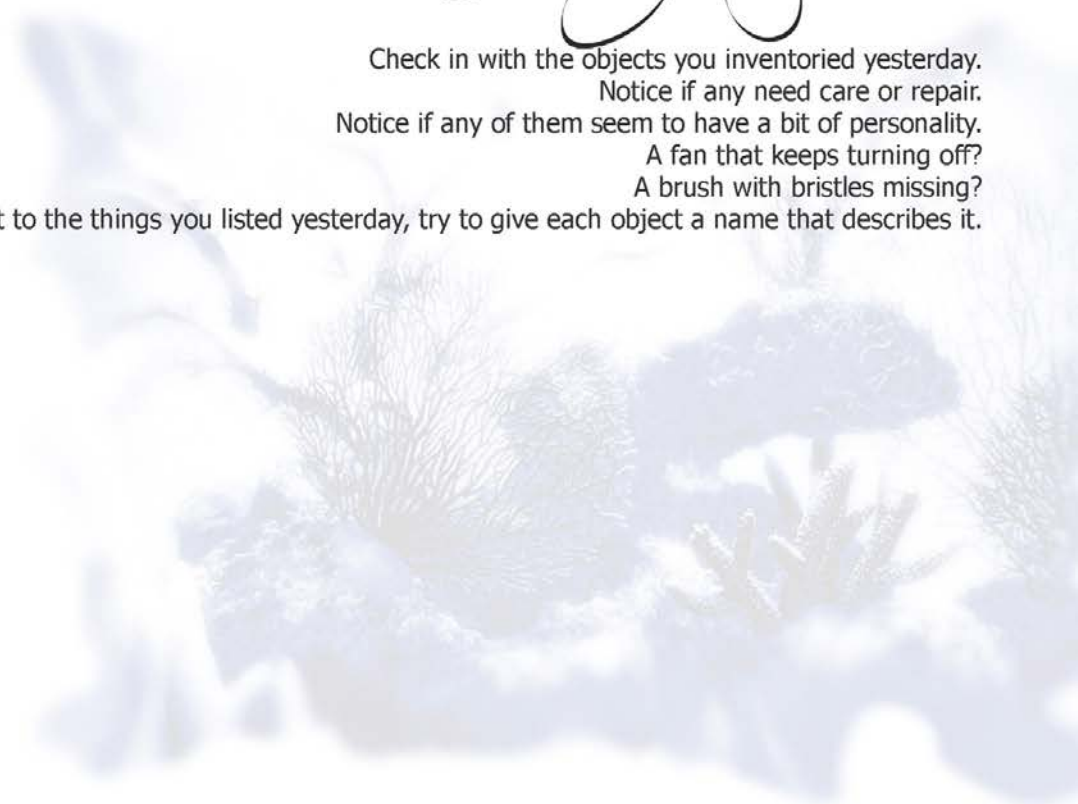
Notice if any need care or repair.

Notice if any of them seem to have a bit of personality.

A fan that keeps turning off?

A brush with bristles missing?

Next to the things you listed yesterday, try to give each object a name that describes it.



Day Six

Imagine that the objects you use everyday could have feelings about you and the way you use them. Doodle a little comic strip or write a little scene between you and one of the objects. Really consider the ways you do or do not care for these things.

Day Seven

If you were stranded alone on an island, what five things would you bring with you? After you've made this list, add one more thing that you don't really need but would love to have. Maybe it helps you feel safe or gives you something to think about.

1.

2.

3.

4.

5.

*extra item

Week Thirteen

Day One

Recall a physical place that always made you feel safe.
It could be from your childhood or it could be more recent.
Describe the space and a memory you cherish there.

Day Two

Look more deeply at the place you wrote about yesterday.
What specific qualities did it hold for you when you experienced it and what qualities does it hold now?
Try doodling a ground plan of the space and recalling its specific details.



Day Three

Reflect on the qualities that made a space feel safe for you.

Create a list of qualities or attributes you need in a space for it to feel safe.

Create an opposing list of qualities that only contribute to insecurity in a space.

Day Four

What can you do today to make the **space** you live in feel a little more safe, a little more secure?

It could come from outside or inside your self.

Write an intention **for** this space and try to carry it out as you walk through your day today.

Day Five

Spend some time reflecting on the space you hold inside yourself every day.

Does it feel safe or secure to you?

Write honestly about the space inside **yourself** today.



Day Six

Recall the lists you made on Day Three of this week.

Do the lists you created apply to your internal self as well as the space around you?

Steal from your writing on Day Three and add new things **to** two lists today.

One that highlights things that make you feel safe within your self

and another that underscores things that leave you feeling insecure within yourself.

Day Seven

Everyone experiences insecurity.

Check out the list you made yesterday of things that make you feel insecure within yourself.

Write a list of intentions for ways you can dismantle these unhelpful things.

Circle one intention you can focus on today and write a way you can practically **embody** it as you go about your day.

Smile knowing that you can do it.

Week Fourteen

Day One

Recall a space that made you feel distressed.

Try to separate a distressing event in a space from the space itself.

What is it about a space that leaves you feeling distressed or uncomfortable?

Describe it and its specific qualities.

Day Two

Draw a ground plan of a space that makes you feel distressed which takes into account the description you wrote yesterday. This space doesn't have to exist in reality — let your **imagination** amplify the qualities you wrote about on Day One of this week. Be sure to label its features.



Day Three

Draw a ground plan today that is the antithesis of yesterday's drawing.
Create the complete opposite of your drawing from yesterday.
Label the changes you've made and feelings that you associate with the changes.

Day Four

Look back and compare the ground plans you created on Day Two and Day Three of this week.
What do you notice about the way you changed things from Day Two to Day Three?
What do these changes tell you about yourself and places you find distressing?

Day Five

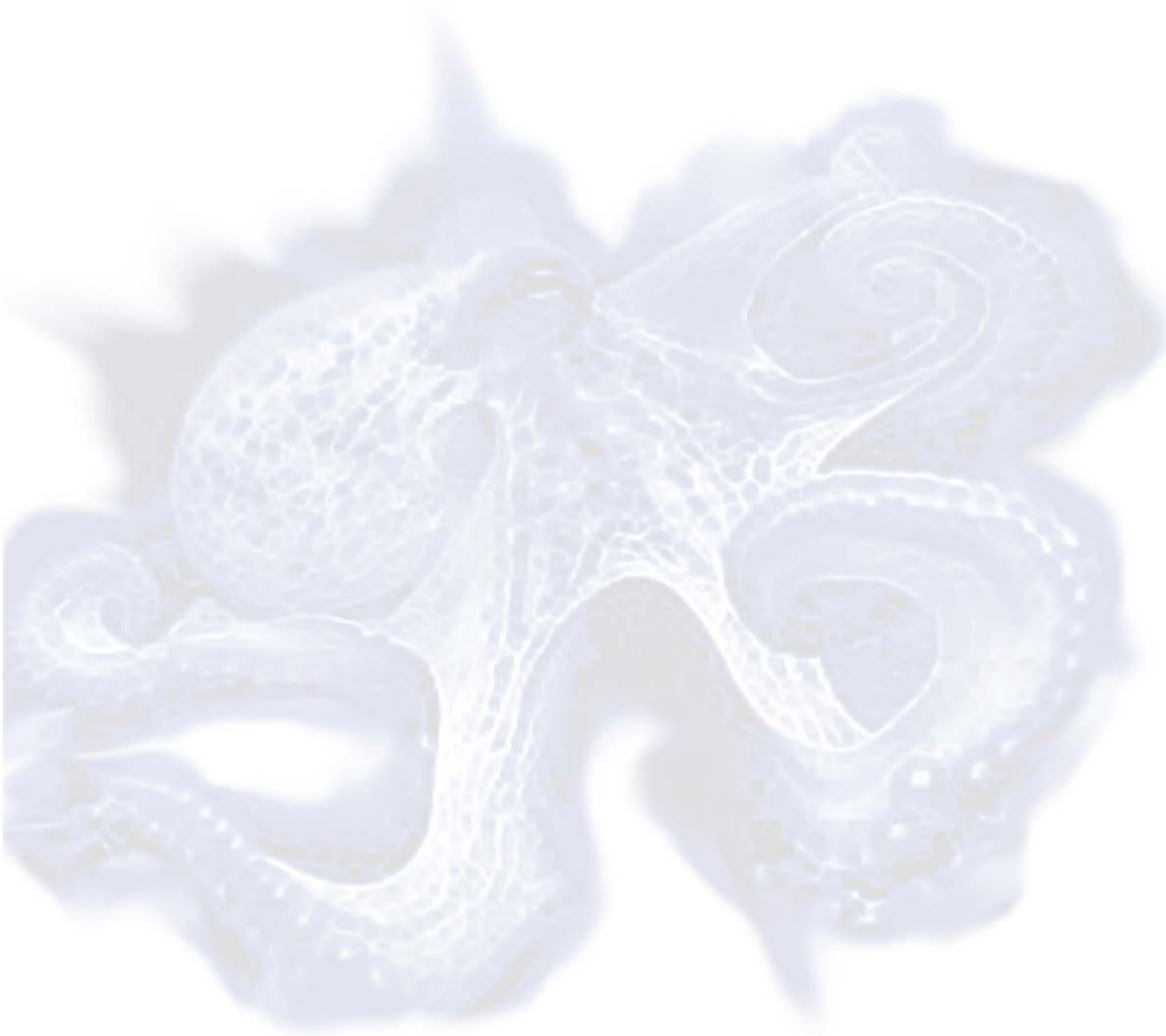
Look at the space that surrounds you every day.
What elements of your distressing space from Day Two do you find around you every day?
Make a list of them and then imagine ways you could begin to rediscover them
as neutral or less stressful elements of your space.

Day Six

Take some time today to wonder about the way the space around you is set-up.
What purposes does it serve?
How is it distressing to you and how might it help you to focus on the work you are doing on yourself?

Day Seven

Write a poem or a prayer of hope for yourself in a space of distress.
It could be speaking to the physical space surrounding you or even your internal world.



Week Fifteen

Day One

What does it feel like when you recognize yourself as joyful?
Remember and journal about a moment in your life that you recognize as full of joy.

Day Two

Rewrite the moment you described yesterday.
This time, include rich, engaging details about the space surrounding you during that moment of joy.
It could include people and objects and the room and the quality of light and smells or tastes.
Make your rewrite as juicy as possible.

Day Three

Go back to your writing yesterday and underline all the elements in your story that created a sense of joy. Write them as a list below in order of importance to your own sense of joy.

Most important



Least important

Day Four

Take the first few elements you wrote about yesterday and begin to imagine them appearing in space, in the space you live in every day. How can you find joy in the smallest of things or locations around you each day?



Day Five

Ask someone else today what makes them feel joyful.

Ask deepening questions after as you learn a little bit more about them.

Jot down any interesting pieces of this conversation and then reflect on how their vision of joy intersects with your own.

If you are alone, try making someone up and imagining a conversation.

Day Six

Spend some time feeling grateful to the person who shared with you yesterday.

Write them a little poem or prayer or just a note letting them know you are grateful and what joyfulness means to you.

You can share it with them if you want, or you can just keep it here for you.

Day Seven

Find a way to hope for more joy in your own life today.

Look back at your response to the prompt for Day One of this week

and set a simple and achievable goal for yourself that you can practice each day in the search for joy.

Week Sixteen

Day One

As you walk through your day today, try to imagine yourself from outside yourself.
How do people and things interact with you?
How do you interact with people and things?
Do they come into your space?
Do you enter into theirs?

Day Two

Draw a quick sketch of yourself surrounded by three circles.
In each of the circles, write or draw people who you allow into your personal space.
Who do you allow to be the closest to you and who do you keep at a distance?

Day Three

Think back about the people you added into your space yesterday.

What distinguishes people in one level from another?

Jot some thoughts down about the people you allow into your closest two spaces
and be sure to include one thing you are grateful for from each of them.

Day Four

You have been thinking about the space that you allow others into this week

- what about the space you hold for other people?

How do you feel that you hold physical and metaphorical space for people to be themselves?

If you don't do this, why not?

Day Five

What are some of the characteristics of holding space for people?

What do you do to let people know you are listening to them and that you care about them?

Make a list of concrete actions that let people know you are listening deeply to them;
that you are holding space for them.

Day Six

Take some time today to wonder about the people you have chosen to exclude from your space.

What does this choice do for you?

Can keeping certain people and energies out of your life keep you safe and in a better mindset?

Jan Green

Make today about hope for new spaces and new people who might be present for you.

Write a poem or a prayer hoping for someone who might enter into your life and hold **space for** you.



Week Seven

Day One

This week is about claiming the space you need to be you.
Flip through your responses so far in this journal and pull a few quotes from your writing that let you know who you are.
Jot them down here.

Day Two

Claiming your own space is about knowing who you are and letting the world around you know it.
Recall a time you weren't ready to use your voice and found yourself going along with something you didn't agree with.
Write about it.



Day Three

Go back to the story you wrote yesterday and craft a different ending.
Give yourself another way of interacting with the story.
Be bold and confident and assured of **yourself**.

Day Four

What are the things that get in the way of you being you?
Write them down and then write a way you can work through each of them to claim your own space.

Day Five

As you move through your day today, try projecting confidence through the way that you go from one place to another. How does your line of vision make you feel in control? How does the quality of your walking or wheeling let other people know you feel confident? Even if for a few steps, try it on. Just for you.

Day Six

Think back on the way your movement made you feel yesterday. Imagine how your day might change if you always walked like this. Draw a little comic strip showing how interactions you have every day might change with this newfound way of claiming your space.

Day Seven

Take a moment today to breathe for at least 10 breaths with your eyes closed. Breathe in and think about the things you need to feel confident and secure. Breathe out and let go of the things that only get in the way of claiming your own space.

Week Eighteen

Day One

There is an ancient technique of memorizing long pieces of text and of escaping the physical world called creating a memory palace in your imagination. Essentially, it is a very specific place you imagine over and over again in order to store things there you need to remember and to create a world where you can exist outside of this one. Think about the kind of architecture that inspires you and draw it or doodle it or describe it below.

Day Two

This week we are going to get more and more granular with your palace so that next week we can begin filling it up. The more specific and juicy the details are, the stronger the image and your connection to it.

What does the doorway look like to get into your memory palace?

The outside wall(s)?

The windows?

The landscaping?

Day Three

When you put out your hand, what does the door handle look like?

What sound does the door make when you open it?

What do you see immediately upon entering the palace?

What colors are the walls and floors?

What is the quality of light inside?

What does it smell like?

Day Four

Take some time to build a room inside the palace today.

What does the floor look like?

What materials make up the walls and ceilings?

Are there windows?

Where exactly is it in the palace?

What does this room feel like?

Day Five

Take some time to build another room inside the palace today.

What does the floor look like?

What materials make up the walls and ceilings?

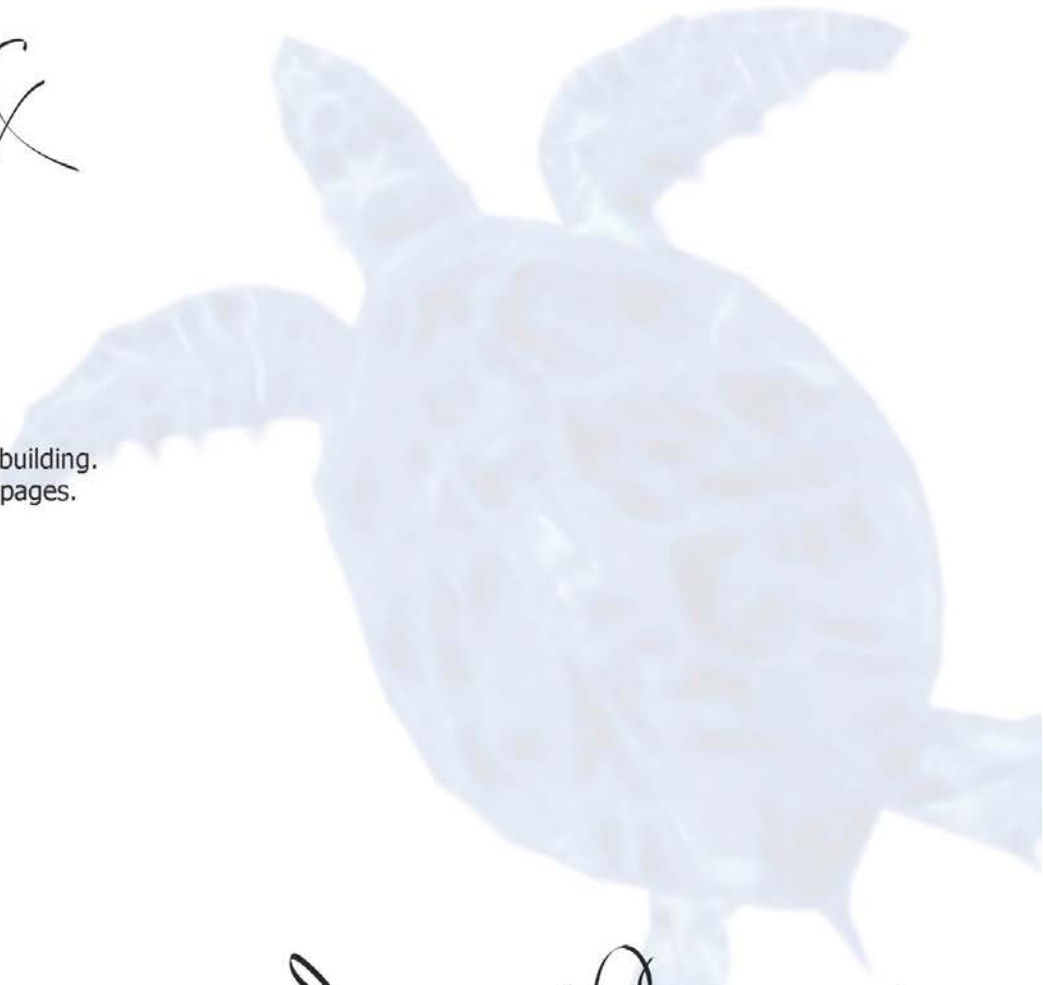
Are there windows?

Where exactly is it in the palace?

What does this room feel like?

Day Six

Keep building onto your palace.
Fill the rooms with furniture.
Put art on the walls.
Stock the pantry.
Imagine the views.
Close your eyes and let your mind do the building.
Keep jotting down your thinking on these pages.



Day Seven

Step back outside the palace and walk into it anew.
Has anything changed since you started this week?
Have you made any discoveries about the space?
Have you made any discoveries about yourself?

Week Fifteen

Day One

This week we are going to fill the memory palace you have created.
Keep adding rooms and additions and things as you go.

It's your fantasy.
Keep dreaming it.

Take some time to reflect on the spaces you have described over the past weeks
and the memories you have tied to them.

Try to add them to your memory palace by recalling the memory and putting it into a specific room.
Jot down which memories you are working with and check them off as you imagine them.

Day Two

Reflect on the process of adding a memory to your memory palace.
Do you feel secure leaving your memory there for you to come back to?

Day Three

Now imagine a tiny or short memory or moment where you felt cared for by someone you trusted. Jot down the specifics of this memory and then see if you can place it in a very special drawer or room or container within your memory palace for safekeeping.

Day Four

Keep filling your rooms with memories and ideas and emotions that you need to store somewhere. Find very specific drawers and cupboards and shelves and lock boxes to put them in. Draw or write some of the places you are keeping things as you imagine putting them there.

Day Five

Add another room to your memory palace today that fills you with a sense of wonder. Jot down a few questions about yourself, your life, your place in the universe here and then imagine putting them into your wonder room.

Day Six

Reflect on your palace by walking through it in your mind. See if you can recall all the places you have begun to store things. Peek around and make sure they are right where you left them.

Day Seven

Write a little poem of dedication for your memory palace. Who is it really for and what are your hopes for it as you continue to build and inhabit it?

Week Twenty

Day One

Now that you've examined the world you live in and a world you are making,
let's focus on creating the world that is best for you.
What makes you feel confident, secure and safe?

Day Two

How does the space around you support or push against your need to feel confident, secure and safe?
What about peaceful and relaxed?

Day Three

Try to examine your space today with fresh eyes.

Use the eyes of your imagination that build your memory palace and the eyes of your heart that knows what you need.

Notice the details of the space around you and the feelings that come up for you in each space you enter.

Jot down some connections you make between space and emotion.

Day Four

Try entering the spaces you described yesterday again.

This time, try breathing in feelings of confidence and peace and breathing out anxiety and frustration.

Draw or doodle your thoughts after trying.

Day Five

Craft a little poem that explores all of the things you can't stand about your space.
Get those feelings out onto this paper.

Day Six

Write yourself a little response to the poem you created yesterday.
Take some time to be kind to yourself and the space you have to inhabit.

Day Seven

Write a little dedication for the space you inhabit every day.
Much like the one you created for your memory palace -
how can the way you approach your space change your relationship with the space itself?

Week Twentynine

Day One

You have been reflecting on the space around you and inside of you.
Let's end this section of the journal by honoring the things that you use each day.
What are a few things you need every day to go about your daily life?
Make a written or doodles list here.

Day Two

Pick three or four of the items you need every day that you actually appreciate.
Write a little thank you note to each of them.
You could be grateful for their utility or their help in making your day a little easier.
Humans make a lot of meaning with things.

- 1.
- 2.
- 3.
- 4.

Day Three

Pick three or four of the items you need every day that you would never choose for yourself.
Imagine an ideal alternative to these items and draw or write about it below.

Day Four

Think about someone you care deeply about.
If you could give them one of the things you need every day, what would it be?
Why would they need or appreciate it?
How profound can the simplest of gestures be?

Day Five

Make today about editing.

What are the things from your list and your everyday life that are taking up too much space?
What are things you are ready to let go of because they don't bring you a sense of comfort or peace or calm?

Day Six

Take today to repair or clean or care for any of the things in your life that you use every day.
Caring for your things and your space is a way of caring for your self.

David Green

If you could add one more thing, anything, to your living space, what would it be?

Why?

After describing it in words or through illustration, take the time to conjure it in your imagination and place it in your memory palace.

It'll be there every time you return.





Week Twentytwo

Day One

We've been thinking a lot about our selves and the space we occupy, now we're going to push our awareness out further to the community around us. Communities could be groups, families, religious folks, thinkers, any kinds of associated people. Take a few moments to describe someone you talk with regularly through words, doodles, and an image or two if you want. What is at their core?



Day Two

Now add another person you choose to talk with regularly to your journal.
Maybe a few others, too, if they're part of your everyday (or near everyday) experience.

Day Three

Take a look back at the cores of the people you talk with regularly.
What connects them all?
What is it that you see when you see these people as a group?
Are there connections?
Contradictions?

Day Four

Use your journaling time today to be grateful to these people for their conversation.
Jot down a little thank you to each of them.
You don't even have to share it with them.
Keep it here for you to remember your gratitude.

Day Five

If you could draw or doodle or collage an image for your group of people, what would it look like?
Write about it or actually do it.

Day Six

Spend some time wondering about what it is that you bring to the group of people you regularly talk with.

Are you friends?

Acquaintances?

What is your relationship like with this group and what do you add to it?

Day Seven

What could you do to strengthen your relationship with your group as a whole?

What could you do to strengthen your relationship with each member of your group?



Week Twentythree

Day One

Create a timeline showing all of the groups you have been in from your earliest years.
Try to remember each community along your journey.
Add them all to your line.



Day Two

Go back over the groups you placed on your timeline yesterday.
Add a few descriptive words beside each group that shows how you thought of them when you were a part from them.

Day Three

Look back at your timeline.

Add a few descriptive words to each group explaining how you think of them now.

Day Four

Pull a few groups from your timeline and rank them from most to least influential in your life.

You could do this with all of the groups if you don't have a bazillion.

Then rank them from most to least helpful to your personal growth.

Most influential to least influential

Most helpful to least helpful



Day Five

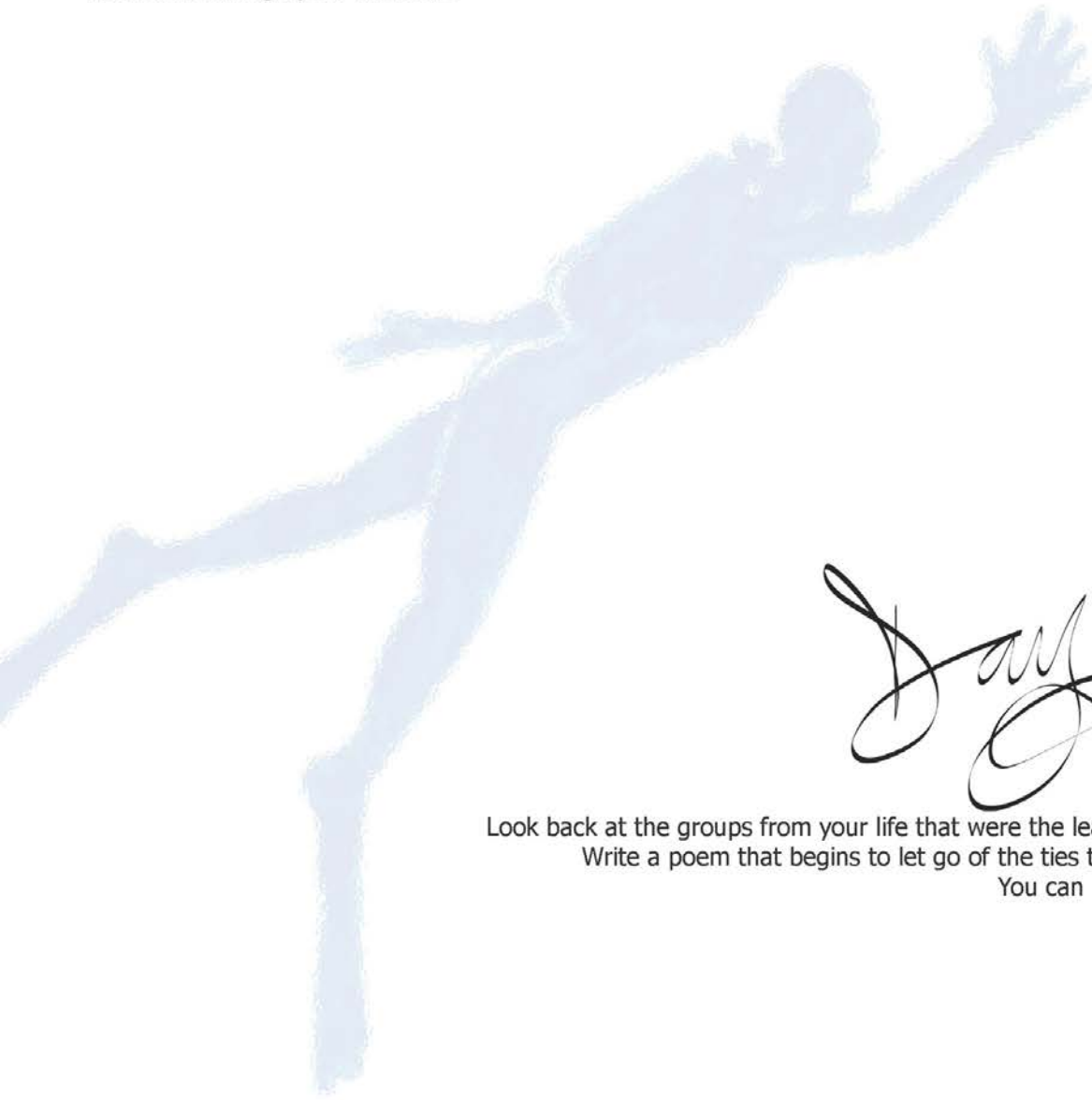
Recall a vivid memory with the group you identified as being the most helpful to your personal growth.

Write it down here.

Or draw it in a comic strip.

Day Six

Write a poem describing the way the group you wrote about yesterday helped you in a deep way.
How did it change your own core?



Day Seven

Look back at the groups from your life that were the least helpful to your own growth.
Write a poem that begins to let go of the ties they still have in your life today.
You can be a new person without them.

Week Twentyfour

Day One

What are some of the coolest groups you have seen but not been a part of?
They could be celebrity-driven or fantastical imaginings.

Day Two

What are some of the groups you have seen that appear to hold a great deal of meaning and value for their participants?
How do they operate?

Day Three

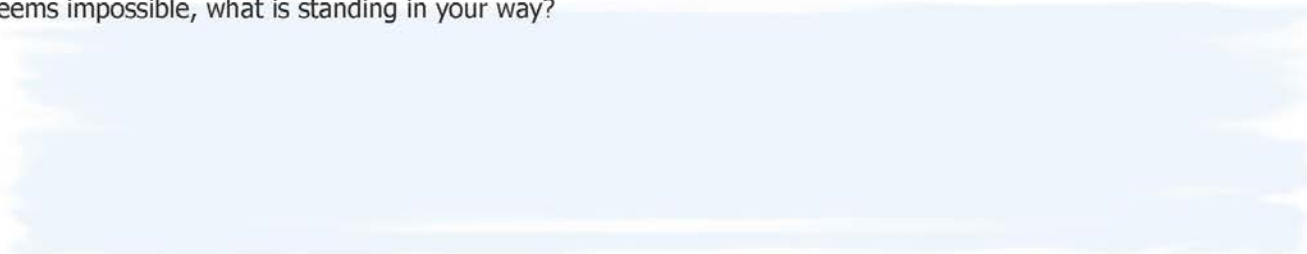
What about groups that you see around you which seem to only hurt their participants?
How do they get ahold of people?

Day Four

Of the groups you have journaled about this week, which do you really want to be a part of?
Why?

Day Five

What would you have to do to become a part of the groups you wrote about yesterday?
Is it even possible?
If it seems impossible, what is standing in your way?



Day Six

Take **some time** to wonder about how your own core might change if you were a part of the groups you wrote about on days four and five. Create a bullet-pointed list below.



Day Seven

What steps can you take today to help your own group be more meaningful to you and those in it?
How can you better support your group?

Week twentyfive

Day One

What do you get from being in a group?
What makes a meaningful sense of community for you?

Day Two

What are the downsides to being in a group?
Explain through your experience.

Day Three

If you could construct a group of people, a community, for you to be a part of, what would its motto be?
What would be at its core?

Day Four

How would this group **actively** work to combat the downsides you wrote about on day two?

Day Five

Who specifically would you like to join this group with you?
What makes them the right people?

Day Six

How would this group, your ideal community, be different from others?
What would you do to make it stand apart?

Day Seven

How would you help this group of people to last?
Why might the group get stronger or weaker over time?


Week Twenty-six

Day One

Look back on your friend group.
Who is it made up of?
Draw or doodle them.
Play with it.

Day Two

How did your friend group come to be?
What brought each person to the community?



Day Three

How many members of this group did you actively choose to be close to?
Are there any?
Why or why not?

Day Four

Draw a cartoon of yourself and surround it with three concentric circles.
Each circle represents how close you let people get to you.
Put names inside each of the rings **identifying** your closest and furthest friends.

Day Five

Look back on your drawing from yesterday.
Is there anything you wish you could change?
Are there people you would like to bring closer or push further away?

Day Six

Make a point of reaching out to the people in your closest circle today.
Check in with them.
See how they are really doing.

Day Seven

What could you do to actually intentionally create a group of people you could be close to?
How might you go about inviting people into friendships with you?



Week Twentyseven

Day One

What are some of the ways in which you stay in contact with people you are close with?

Day Two

What are some ways you stay in contact with groups you are close with?
This could be ideally and right now.
Both at the same time.



Day Three

I have designed weekly check-in times with several of my friends.

That way I always know I will talk with them and it's already scheduled.

What are some of the ways you can help yourself to stay in contact with close friends?

What are some practical things you can do to retain these connections?

Day Four

Try out at least one if not two of the connection-building tasks you created for yourself yesterday.

Then jot down how it left you feeling.

Day Five

Your emotions are rooted in your body.
Where do you feel your friendships in your body?



Day Six

What does it feel like to be in a community; what does it feel like to be part of a larger body?

Day Seven

What parts of your healthy relationships with yourself, your friends, and your community can you let go of?
What weight can you release to make your experience of the world lighter?

Week Twentyeight

Day One

Take seven days to try and be present with seven people who deserve your attention.

You can repeat people if they are responsive.

It could be over a moment, or through a sustained conversation.

If you're alone, it could even be with your own thoughts.

After each day, write down: who was it, why did you choose to spend time with them, and what did you learn?

Then take a moment to feel gratitude.

Day Two

Write down: who was it, why did you choose to spend **time** with them, and what did you learn?

Then take a moment **to** feel gratitude.

Day Three

Write down: who was it, why did you choose to spend time with them, and what did you learn?

Then take a moment to feel gratitude.

Day Four

Write down: who was it, why did you choose to spend time with them, and what did you learn?
Then take a moment to feel gratitude.

Day Five

Write down: who was it, why did you choose to spend time with them, and what did you learn?
Then take a moment to feel gratitude.

Day Six

Write down: who was it, why did you choose to spend time with them, and what did you learn?
Then take a moment to feel gratitude.

Day Seven

Write down: who was it, why did you choose to spend time with them, and what did you **learn**?
Then take a moment to feel gratitude.

Week Twentynine

Day One

What do you need to feel cared for?

What can others do to show you they care for you?

Day Two

What do you need to feel safe?

What can others do to show you they can be safe for you?

Day Three

What can your community do for you to show you that you are safe and cared for?

Day Four

What can you do for your community to show that you care about it and are working to keep it safe?
Is this important for you?

Day Five

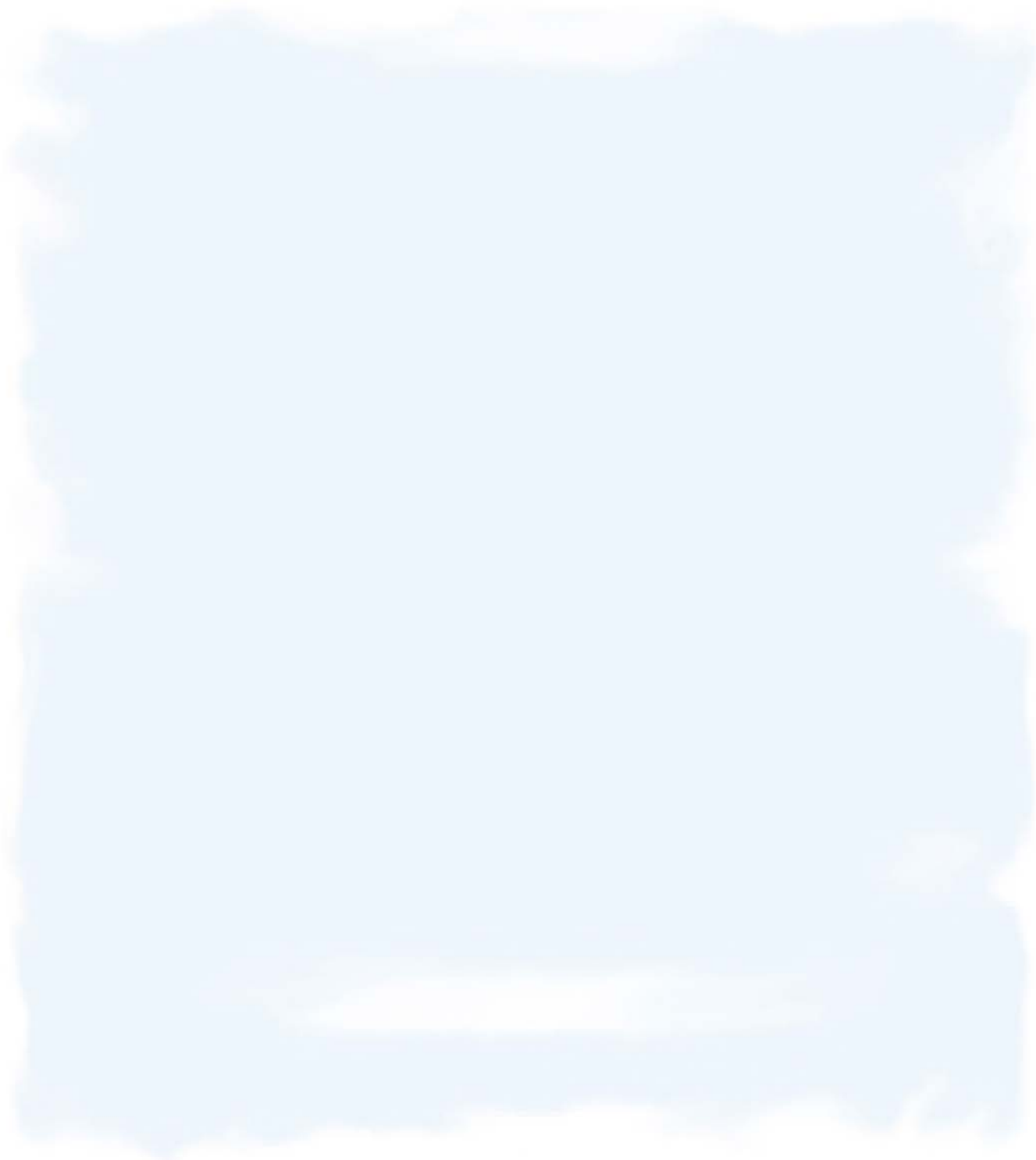
How might you help others to feel safe and cared for?
What can you do to demonstrate these things to others?

Day Six

Do you ever wonder about finding a community of others inside of yourself?
Do you ever wonder how all the parts of yourself can work together to keep yourself safe?
How might they do that?

Day Seven

Write a little prayer or poem being grateful for your friends and your community.

A large, light blue rectangular area with a torn, paper-like edge, intended for writing a prayer or poem. The edges are irregular and frayed, giving it the appearance of a piece of torn paper or a blank page from a notebook. It occupies the lower two-thirds of the page.

Week Thirty

Day One

While our day-to-day is made up of certain groups, there are many other communities outside those immediately around us.

Ponder some of these groups.

Think about the people who make them up.

Make a list of outside groups you would like to join one day.

It could be family, or cultural, or religious, or anything.



Day Two

Order the groups from most to least time commitment.

Then order the groups from most to least supportive of your own growth.

Most supportive

Least supportive



Day Three

Look back at the groups and pick a few that are standing out to you.
What makes each of these groups special?

Day Four

Why would you be a good fit for the groups you wrote about yesterday?
What would you bring to them?

Day Five

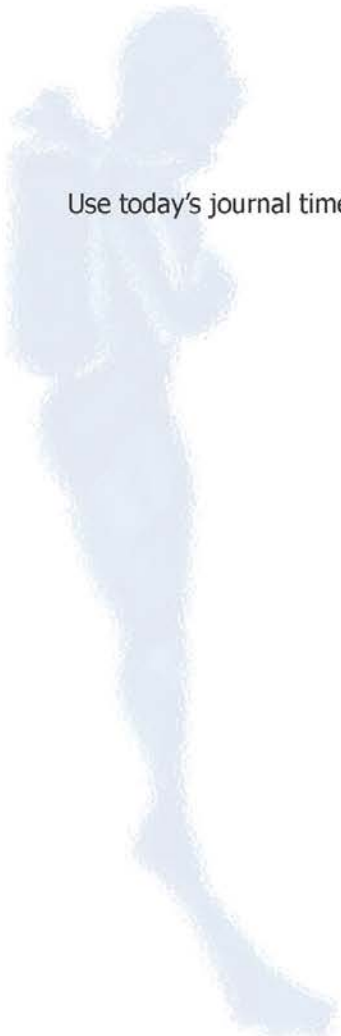
What would you hope to get out of joining these groups?
What specifically might shift or change in your own life because of this group?

Day Six

Is there any way to connect with some of these groups now?
Is there any way to build relationships with them from afar?
Even through reading about them or talking with other folks who are a part of them?

Day Seven

Use today's journal time to be grateful for the communities you are a part of now and those you will be in the future.
Jot or doodle your feelings when you think about this.



Week Thirteen

Day One

Who leads the groups you regularly participate in?
What are those leaders' characteristics?

Day Two

Thinking back to the leaders you wrote about: What makes them effective (or not)?

Day Three

Are there characteristics and actions coming from these leaders that you see in yourself?
Do you ever see **yourself** as a leader?
Do you often?
Why?

Day Four

When you are in charge, how would you describe the way in which you lead people?
What's your style?
Are you effective?

Day Five

Describe a situation where you had to step up and lead a group of people.
Did anything surprise you in that experience?
Did you learn anything?

A stylized, cursive signature that reads "Day Six". The letters are fluid and interconnected, with a large loop for the 'D' and a long, sweeping tail for the 'X'.

What benefits do you see from being a leader?

What pitfalls?

What makes you want to be a leader or happy to participate by following?

A stylized, cursive signature that reads "Day Seven". The letters are fluid and interconnected, with a large loop for the 'D' and a long, sweeping tail for the 'n'.

How do you feel when you are called upon to lead?

Where is the feeling in your body?

Draw it or write a poem about the feeling.

Week Eight Day One

Recall a time when you trusted a leader or a group and were let down.
What happened and how did you feel and react?

Day Two

How has that letdown affect you today?
Is it an important part of your life's story?
Why or why not?



Day Three

What does it take for you to trust a group?
What does it take for you to trust a leader?
How do others earn your trust?

Day Four

Do you find yourself to be a trustworthy person?
What traits do you exhibit that support your thinking?

Day Five

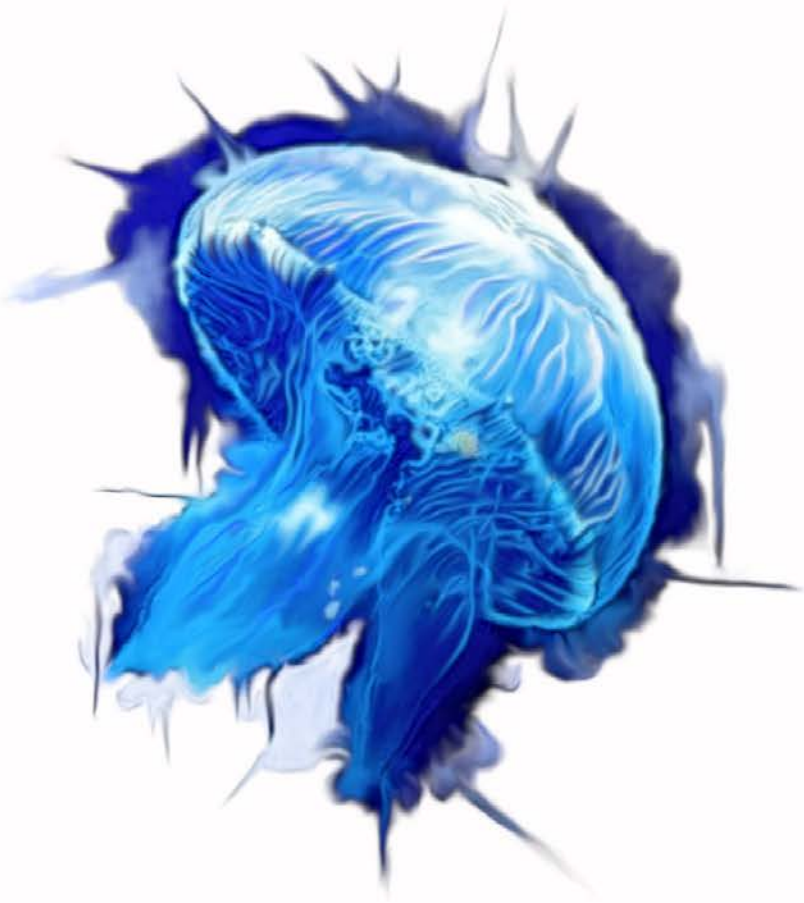
Are you someone who extends trust easily?
Describe a particular moment from your life that illustrates your answer.

Day Six

What could you do today that helps someone trust you?
What could you do to help someone who is wondering if they can trust you to feel confident in you?

Day Seven

What are all the parts of a meaningful community and what is your relationship with it?
Write yourself a little recipe card with the answer.



Week Thirtythree

Day One

As you continue **to expand** your circles of awareness through this journal, the next set of prompts will focus on creating meaningful moments in **your** everyday life. Let's begin with the way you move through the world. Notice how you move from one space to the next. Describe the way you walk or roll here with a list of words.

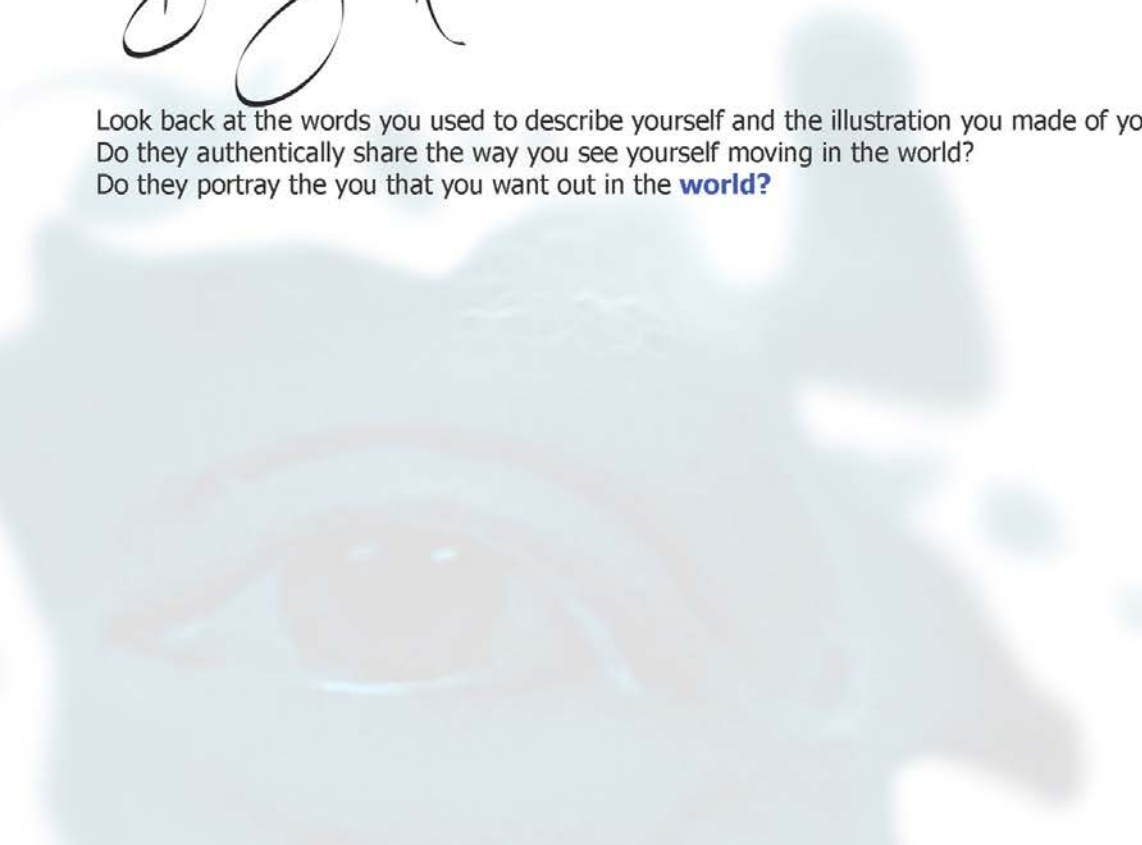


Day Two

Doodle or draw yourself in motion.
What parts of your body do you lead with?
Does your head lean slightly forward?
Do your knees lead the way?
Try creating a little comic strip of your movement.

Day Three

Look back at the words you used to describe yourself and the illustration you made of yourself in motion.
Do they authentically share the way you see yourself moving in the world?
Do they portray the you that you want out in the **world?**



Day Four

Try adjusting your walk today to make it more clearly represent the you that you see inside.
Write down your thoughts as you reflect on this experiment.

Day Five

Today, shift your focus to the floor as you walk.

Do you walk in straight lines?

Swirls?

Squiggles?

Notice the patterns your feet or wheels make on the ground as you move.

Does this change depending on where you are going and who you are with?

Day Six

Now take some time to deconstruct and reflect on the patterns you make on the floor everyday. If you are in a small space, or if you are moving through large spaces, how does this show yourself and the world a little bit about who you are?

Day Seven

Take the time to think back over the places you have moved through this week. Recall the impressions your movement and your patterns may have made. Jot down anything you've noticed about yourself as you have gone through these exercises this week. Have you grown or shifted or wondered?

Week ~~Three~~ Four

Day One

Recall someone in your life who brings a lot of eye contact to your conversations. It could be engaging or it could make you uncomfortable. Write about the ways that their eye contact affects you.

Day Two

Remember a time you had **to** avoid eye contact with someone else. Write about it as a short story with a beginning, middle, and end.

Day Three

What quality of eye contact do you give to others?

It is situational?

Does it depend on who you are speaking with?

Write about your philosophy of eye contact.

Day Four

If the eyes are the windows to the soul, what do you hope others will see when they look into your eyes?





Day Five

Try increasing and decreasing your eye contact with people today as an experiment.
Notice what it does to the quality of your conversation.
Notice what it does inside of you.

Day Six

Do you ever wonder where you learned to talk with others?
Where did you learn how to use eye contact?
Recall and journal about early memories of someone looking you in the eye for any reason.

Day Seven

Write a little poem or prayer of gratitude for your sight today.
Whether your eyes can see or might be absent, write into how you are able to see the world with a sense of wonder.



Week Thirteen

Day One

When you first meet someone, what do you want to know about them?
What are some of your favorite conversation-starters with people you don't know?
I always **love** to ask them: what are you excited about today?

Day Two

What are some questions that you hate to come up in conversation?
What do you never want to talk about?

Day Three

What about topics **and** questions you love exploring in conversation?
What makes you feel animated to discuss?

Day Four

How do you decide your conversations with others?
Do you pre-plan them?
Do you **trust yourself** to speak what needs to be spoken?
Do you hold onto silence often?



Day Five

Describe a truly wonderful conversation you have had recently.

It could have been brief or prolonged.

It could have taken place **over many days** or on a short phone call.

How did you feel when you left?

What did it shift inside of you?

Day Six

Consider a conversation that you need to have but haven't been able to.

What is waiting to be said?

How will you approach it?

Write a little script between yourself and the person(s) who need to hear what you have to say.

Make it work out **in** the end.

It's possible.

Day Seven

How do you hope to deepen your conversational skills?

What are you working to grow through dialogue with others?

Why are you making this shift now?

Week Thirty-six

Day One

Do you feel comfortable taking up space with others?

This could happen through proximity or conversation or **any number of ways.**

What makes you comfortable or uncomfortable?

Is it situational?

Day Two

Remember a time in your life when someone made you feel small.

What did they do to elicit that feeling inside of you?

Did you overcome it?

Day Three

Recall a moment in your life when someone made you feel big.

What did they do to help you feel seen and powerful?

Did that feeling ever disappear?

Day Four

How are you feeling today, in this very moment, about taking up the space you need in the world?
What is supporting you in the quest and what is standing in your way?

Day Five

Taking up space could come from confidence.
It could also come from experience.
Try moving through your day today with a newfound sense of confidence and experience.
Try it on in your body and then write about what it does to your mind and heart.



Day Six

Go back to days two **and** three of this week.

Review your writing and then discover where those memories live in your **experience today**.

How have they changed you over time?

Have you let them go?

Do they still hold power for you (for better or worse)?

Day Seven

Make a point of entering into a conversation with someone today where you feel confident about yourself and what you have to say.

How did it feel?

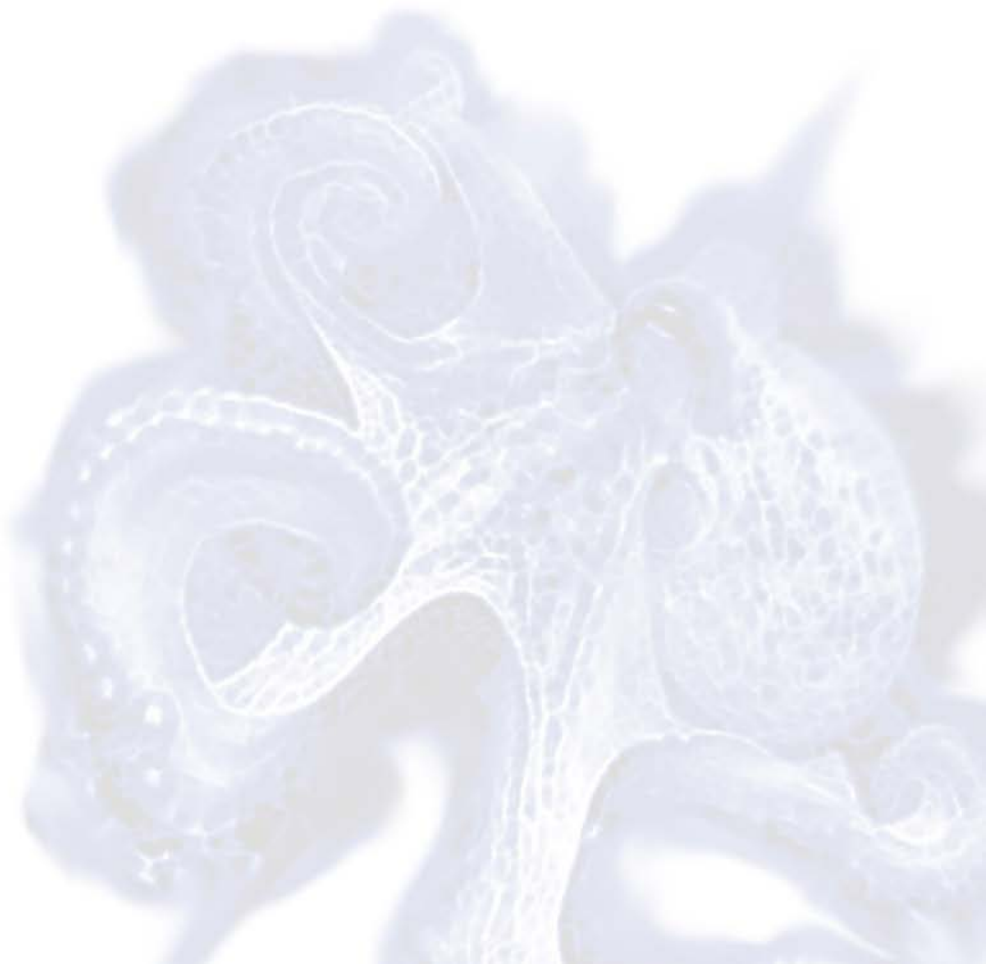
How can you keep the positive aspects of this conversation alive every day?

Week Thirtyseven

Day One

What can people do to show you they are listening to you?

Describe physical actions in a list that show people are listening deeply to your experience.



Day Two

Think about a time you needed someone to hear you — and they did.
Look back at that time in which someone listened deeply to you.
Describe what they did and how it made you feel in a short story.



Day Three

In contrast to yesterday, journal about a time someone ignored or overlooked you when you needed to be heard.
What did they do and how did it land for you?

Day Four

What do you do when you are listening intently to someone?
What is going on in your mind?
Your body?
Your heart?
Write about your ideal response.

Day Five

It can be difficult to be present for others in the moments they need you the most.
Sometimes there just isn't time or there is distance.
What can you realistically commit to doing every time someone reaches out to you?
Make yourself a promise here.



Day Six

Remember a time you weren't able to listen deeply enough to someone you care about.
Write them a little apology note here.
You can share it with them, or not.

Day Seven

Set aside some time today to listen deeply to yourself.
Draw or doodle or write out what comes up.
Let it be free-flowing.
Don't let judgement get in the way of your thinking.
Think it, feel it, then work with it.

Week Thirteen

Day One

How many people do you know who are struggling with something right now?

Choose a couple of them that you would like to focus on this week.

Write a little biography of each of them and a few sentences about what they are working through.

Person:

Biography:

Person:

Biography:

Person:

Biography:

Day Two

Add to your writing from yesterday by introducing yourself into their biographies.

How did you meet?

How did you hear about what they are struggling with?

Day Three

What are some of the possible outcomes for each of the people you are focusing on this week?

What could happen in best, worst, and average scenarios?

A faint, light blue world map is visible in the background, centered on the Atlantic Ocean. The map shows the continents of North and South America on the left and Europe and Africa on the right.

Day Four

Describe something you can do today to let these folks know that you are thinking of them.
Think and doodle ideas here.
The gesture could be any size.

Day Five

Were you able to connect with your people yesterday?
What did your interaction leave you thinking and feeling?
If you weren't able to connect, how might you soon?



Day Six

When people around you are struggling, what do you tend to do immediately?
Is this a response you are proud of?
Is this the way you want to be in the world for others?
What could you do to deepen the way you hold space for people who are struggling?



David Soren

Write an angry poem today.

Write a poem that rages against the problems these people have.

Write with a fierce understanding of your responsibility to these people and a fiery hope for their future.

Week Thirteen

Day One

Have you ever had a recurring dream?

If you have, describe it in detail.

If you haven't, describe a recent dream that is still in your head.



Day Two

What dreams do you remember from your younger years?
What were you processing in your sleep as a child?

Day Three

How have your dreams shifted and changed since your childhood?
Try drawing them on a timeline or a spectrum and writing along the way.

Day Four

How does the evolution of your dreams follow your evolution as a person?

Day Five

When was the last time you heard about the dreams of the people you care about?

When was the last time you listened intently to their dreams?

Describe it here or describe how you will start that conversation.



Day Six

Why are dreams meaningful?

What do they do for you and your experience of the world?

Day Seven

What are some dreams you hope you will have?

Week Forty

Day One

Each day of this week, jot down five things you are grateful for. Each one should be new and different from the other days' lists. They could be imaginative and they could be practical. You could draw or doodle or write them or create a combination thereof.

- 1.
- 2.
- 3.
- 4.
- 5.

Day Two

What five things are you grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Day Three

What five things are you grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Day Four

What five things are you grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Day Five

What five things are you grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.



Day Six

What five things are you grateful for today?

- 1.
- 2.
- 3.
- 4.
- 5.

Day Seven

What five things are you grateful for today?

What are you feeling as you look back over this gratitude list?

Has anything shifted inside of you or your relationships?

- 1.
- 2.
- 3.
- 4.
- 5.

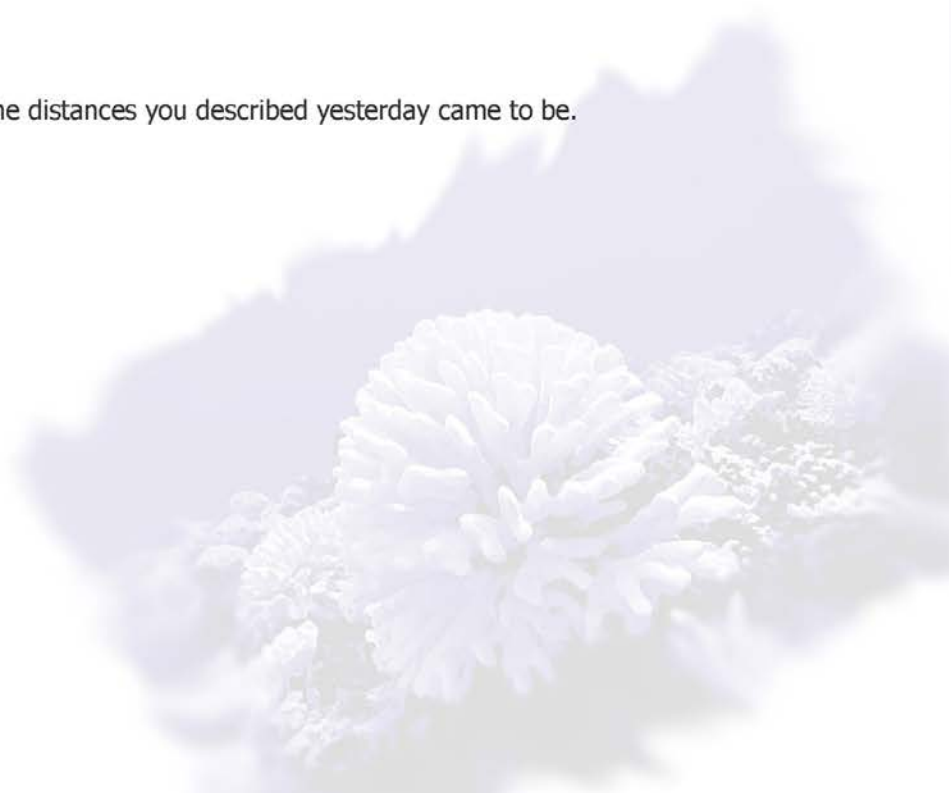
Week Fortune

Day One

Write a poem about the distances in your life.
Who and what are close to you and your highest self?
Who and what are distanced from you?

Day Two

Create a little narrative today that explains how the distances you described yesterday came to be.



Day Three

Look back on your writing from yesterday.

Are you content with the distances you described (for better or worse)?

If you are, why?

If you aren't, why?

Day Four

How have you used distance in a healthy way within your relationships?

Day Five

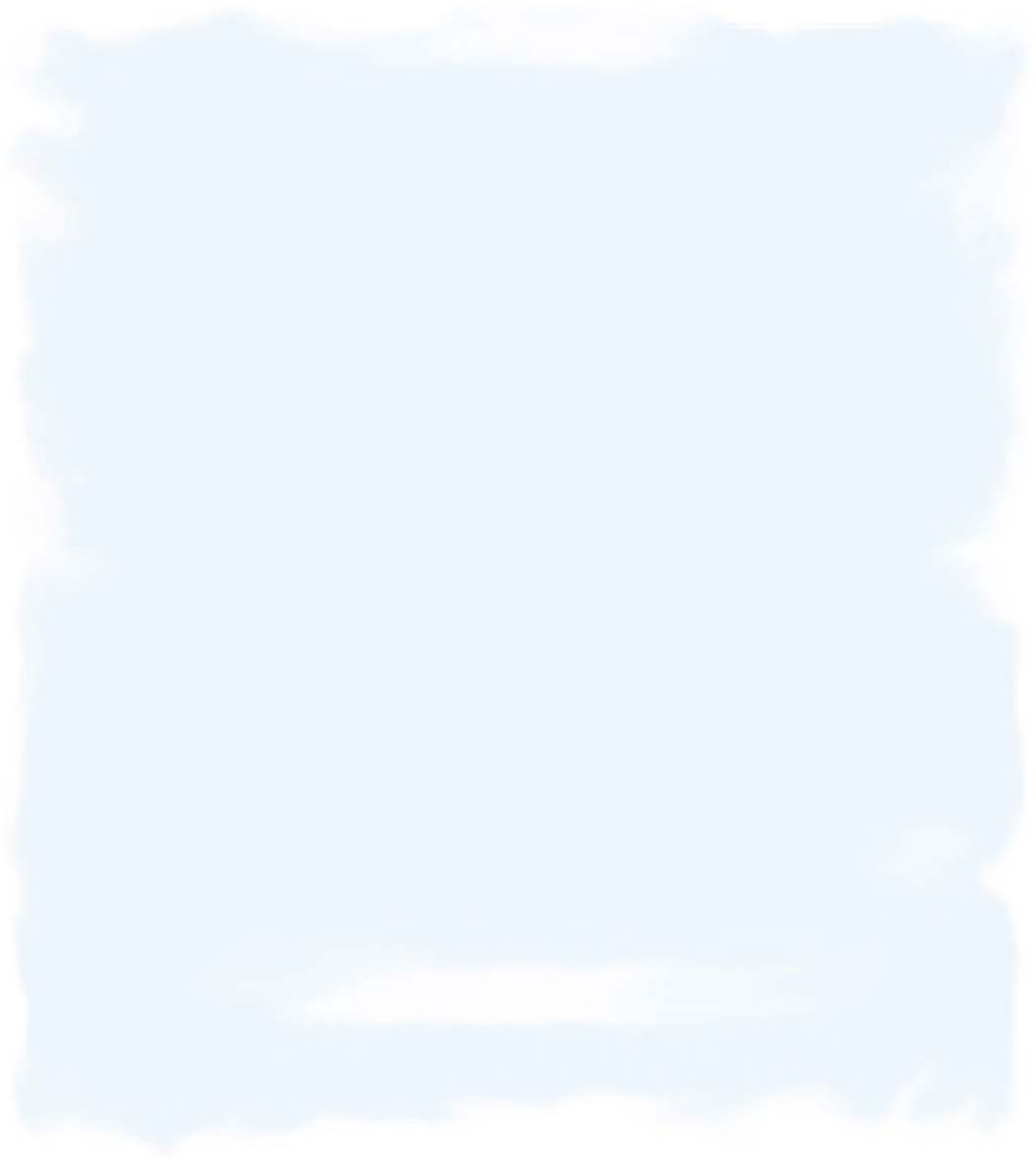
How has distance been a hindrance to your relationships?

Day Six

Take the time today to close the distance between yourself and someone else if only for a moment.
Try doing it through visualizing and imagining.
Fill the space between you with warm light.
Draw what you see and experience.

Day Seven

Create a playful story about the benefits and pitfalls of distance for a small child.
You can illustrate it if you're into it — you can just write it out if that's your style.
Imagine reading it to a little one and using it to discuss and examine the distance between you.



Week Fortytwo

Day One

Recall a memory in your life where you felt an overwhelming sense of joy.
Write about it here.



Day Two

Make a list of five things in your everyday life that bring you, even if it is small, a sense of joy.

- 1.
- 2.
- 3.
- 4.
- 5.

Day Three

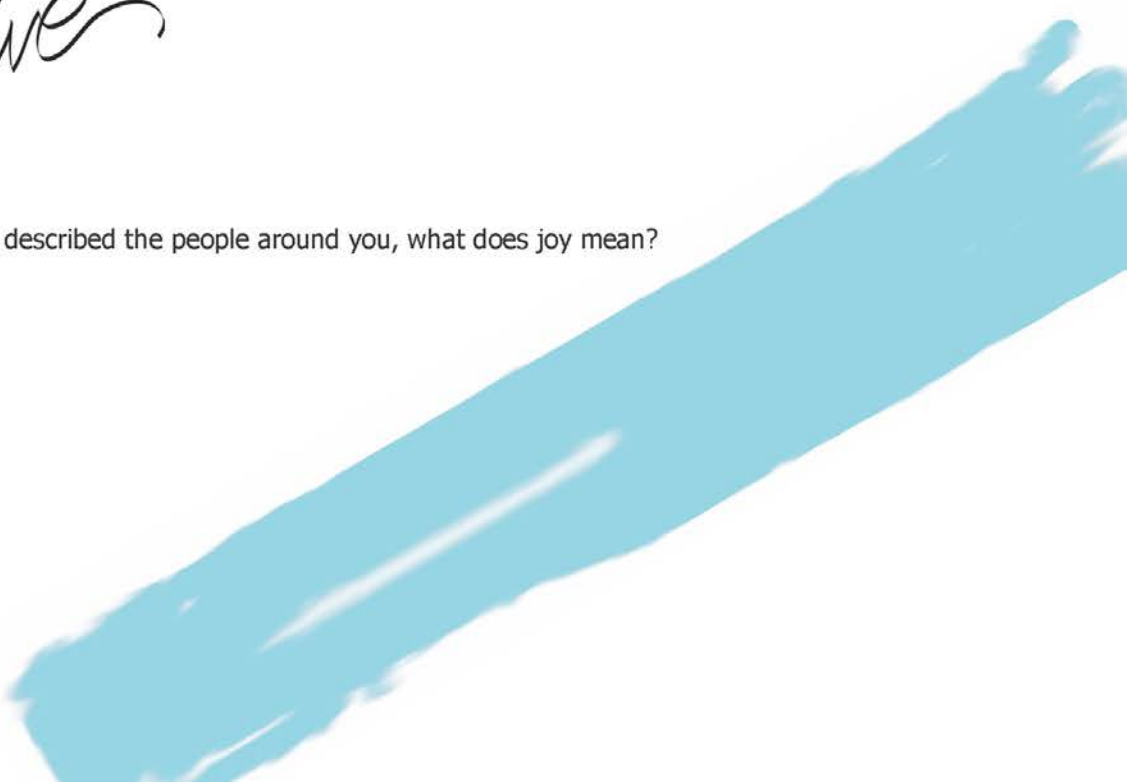
Look back on the things you listed and the story you described.
How does a sense of joy shift your experience of the world around you?

Day Four

Examine the people who are in your everyday life.
Do they seem to have a sense of joyfulness?
Do you experience moments of joy together?

Day Five

Based on the experience you have described the people around you, what does joy mean?
How does it help you grow?





Day Six

Use today to wonder about ways in which you could bring joy in tiny ways to the people around you.

Jot down a list of ideas.

Try a couple of them out.

Any luck?

Day Seven

Create a list of five things you can do every day that bring you and those around you a tiny slice of joy.
Commit to trying them.

1.

2.

3.

4.

5.

Week Fortythree

Day One

If you are creating yourself through the actions in your everyday life, what actions do you want to strive toward?
What actions can you let go of?

Day Two

Ask a person you trust, or even your self, **how** they would describe you.
What five key characteristics do they see that make **you**, you?

- 1.
- 2.
- 3.
- 4.
- 5.



Day Three

Go back to the list you wrote yesterday and next to each characteristic, write an action you do that gives the characteristic life.

Day Four

Use your journal today to take an inventory of the characteristics you **are** working to nourish and grow in your life.
What do you want to become better at?
What do you want to deepen?

Day Five

Try and find someone else who is using this journal.
Discuss together your writing from yesterday.
Or find someone you trust and ask them what they are working on in their own self.
Have an honest conversation.
Afterward, make revisions to your list if you feel inspired to.

Day Six

Feel a sense of wonder today at all the work you have been doing throughout this journal on your self, your relationships, and your world.
How have you grown throughout this practice?
What are a few things you have learned about yourself?



Day Seven

Write yourself a little note of gratitude for sticking with this practice.
Journaling is hard and thoughtful work.
You're already forty-three weeks in.
Only nine more weeks to go in this year's journal.
Be honest with yourself.



Week Fortyfour

Day One

Recall a time you felt inspired.

Be specific.

Write about the before and the during and the after.

What changed after your moment of inspiration?

2014



Day Two

Think more about the inspiration you described yesterday.
What specific details made you feel inspired?
What did you do with the feelings that arose?



Day Three

When I have been inspired to make a shift in my life, I have had to work for it.
But it all starts each morning when I say to myself: wow, what a gift to be **alive**.
What do you think about when you first wake up?
Write about it or doodle yourself and your thoughts.

Day Four

After I repeat to myself: wow, what a gift to be alive, I think about the day ahead of me
and make concrete my reasons for getting out of bed.
What makes you get out of bed each day?
Make a list from most to least important to you.



Day Five

Look back at the list you created yesterday.
Is there anything or anyone you wish were on the list?
Make another list of your dreams for getting out of bed.



Day Six

Write a little poem or prayer for the things you listed yesterday.
Write about each item like the precious possibility it is.

Day Seven

Spend some time with the list you created on Day Four of this week.
Create a word collage of gratitude for everything you listed there.
Add images if you want.
Put your heart into it.



Week Forty-five

Day One

Spend some time looking back over your responses for Weeks 22-32.
Jot down anything that surprises you about your responses.
Has anything changed since then?
Make edits if you want to.

Day Two

We are changing and possibly growing each and every day.
Draw a doodle of you back on Week Twenty-Two.
Include things that were important then (and still could be now).



Day Three

Now draw a doodle of you in the fantastic now.
What has shifted and grown and changed since the you you were on Week Twenty-Two?

Day Four

How has your community evolved since you wrote about it during Week Twenty-Two?
What has caused this?

Day Five

Now get more specific with yourself.

Get real.

What connections have you nourished and what connections have you let wither over the past five months?

Draw or write your response.

Day Six

Now get even more real with yourself.

How has your connection with yourself evolved in the past five months?

What have you noticed about yourself?

What have you changed?



Day Seven

Write a little hopeful letter to you five months from now.
Give yourself some advice from the you you are today.
Include your thoughts about the you you see in five months.



Week Fortysix

Day One

What connections have sustained you when you were in your darkest days?

This could be relationships with people, spirituality, things, yourself, or anything that was there for you.

Think about a specific moment and experience.

Describe it here with words and images.

Day Two

What connections have cheered you on through your biggest successes?

Think about a specific moment and experience.

Describe it here with words and images.



Day Three

Look back on the experiences you described in Days Two and Three. Write yourself a little gratitude poem that helps you to appreciate the people and things that have sustained and cheered you on when you needed them most.



Day Four

Now write a short thank you note to the people or things that have sustained and cheered you on. If you can, tear them out and share them with the people who might have been a part of those moments. Why not include the gratitude poem you created yesterday?

Day Five

Remember a time you were someone's connection and source of care when they were in a dark moment.
Jot down your memories of it here.

Day Six

Think into the details of the story you wrote yesterday.
What specific things did you do to help that person see your care?
How did that influence your relationship with that person today?
Describe its evolution.



Day Seven

Doodle an image of yourself today and surround it with the connections to people and places and things that support your growth.

Take a moment to see yourself here.

It doesn't matter if you have one connection to yourself or a dozen from outside of you.

Be grateful to yourself for being here.

Week Fortyseven

Day One

What things do you do each day to sustain yourself?
Think about your body and the food, exercise, movement, and care you put into it.
Make a list here.



Day Two

What could you do to take better care of your body?
It could be tiny or large.
Daily or weekly.
You deserve it.

Day Three

What can you do to cheer people you care about as they care in deeper ways for their bodies?
How might you create a relationship that includes accountability?

Day Four

What do you need to feel supported as you take better care of your body?
List three specific and pragmatic things you can do for yourself.

1.

2.

3.

Day Five

What could others do to help you be consistent and reliable in your care for your body?

List a couple of things and then write the names of people you could ask to help you remain accountable.

Day Six

Now go out and ask the people you jotted down yesterday to do the things you wrote about yesterday.

You are worth it.

Write or doodle your thoughts afterwards.

Day Seven

Create a little ode to your body; a teeny poem that is in awe of you and your physical self.

Then do another.

Week Fortyeight

Day One

What relationships do you have in your life today that sustain you?

Day Two

What relationships have you actively nurtured during this year of journaling?
Describe how.

Day Three

What relationships have you let go of over this year of journaling?
How do you feel about them now?

Day Four

What relationships do you take for granted?
This could be with other people, yourself or your spirituality.

Day Five

How might you take a moment on your journey to honor the relationship(s) you wrote about yesterday?
Create a meaningful moment in which to do it.



Day Six

Take a moment to be proud of yourself and the work you have put into your relationships over this year of journaling.
Draw how you are feeling about this journey.

Day Seven

Write about a relationship you are now hoping to create.
This could be one you have written about before or a new one altogether.

Week Fortnight

Day One

Do you have a spiritual relationship in your life?
A connection to God, or Source, or Nature, or Science?
If not that, then anything bigger than you.

Day Two

How does your spiritual relationship, or connection with something bigger than you, inform your everyday?




Day Three

What do you do to maintain a spiritual relationship?

If you don't have a relationship with Spirit, write about maintaining a positive relationship with anything bigger than yourself.

Don't write about what you think you should be doing.

Write about what you actually do.



Day Four

What does your spiritual relationship or relationship with anything bigger than yourself do for you?
How does it support your growth?

Day Five

Recall the beginning of the relationship you have been writing about this week.
Write its origin story here.



Day Six

Where do you see this relationship growing?
Where do you see it going?

Day Seven

Create a little visual poem of gratitude and wonder for the relationship you have described this week.

Week Fifteen

Day One

Describe a time when you felt a clear sense of purpose.

Day Two

What do you see as the purpose of today?

Day Three

Look back on your writing from this week — what does purpose mean to you?

Day Four

How have you engaged with understanding a sense of purpose in the past?
Do you recall having a conversation with anyone about it?

Day Five

Who has modeled purpose for you in your life?
Was their example useful to you and your growth?

Day Six

Do you ever see yourself modeling purpose for others?
Write about the thought process behind that choice for you.



David Green

What do you see as the purpose of tomorrow?

Week Fifteen

Day One

Create a timeline that shows the big periods of change in your life.
Label them and include details surrounding them with words and images.



Day Two

What do you see as the purpose of this period in your life?

Day Three

Extend the timeline you created on Day One of this week into the future.
What changes do you see?
How are they reflected as your purpose changes?

Day Four

Look back at the shifts in your life that are more difficult to face.
Spend some time noticing the feelings they bring up.
Jot them down here.

Day Five

Reflect on the changes you thought about and felt yesterday.
How did they bring you to be the you you are today?



Day Six

How will you know when this period of your life is through?

What will you do to change your understanding and experience of today into tomorrow?

Day Seven

The future can be scary.

Even with the best of plans, it's unknown.

Write yourself a little note of care and encouragement for the future.

You're gonna get through to it.

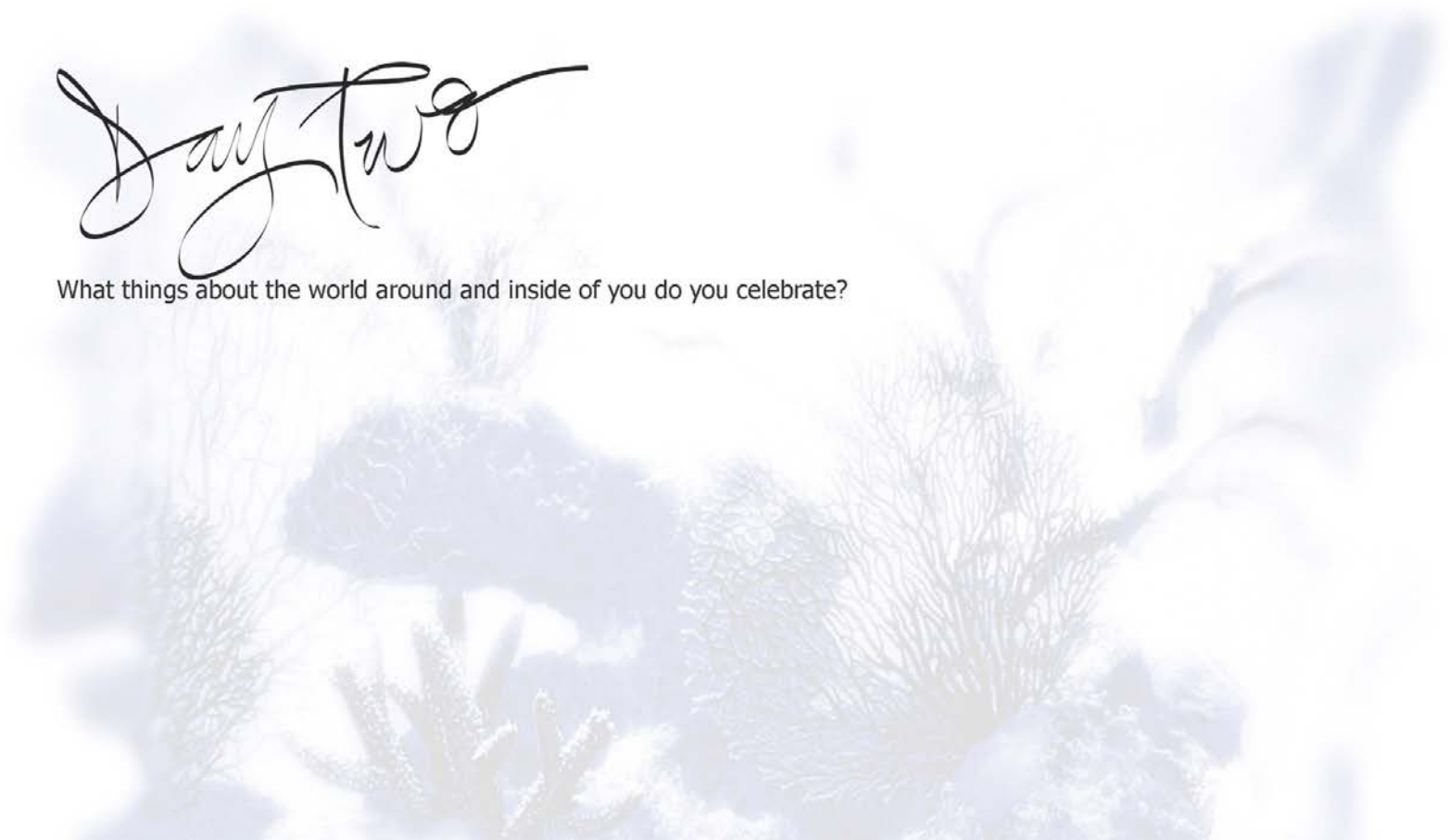
Week Fifteen

Day One

What changes, within your control, do you see for the world?

Day Two

What things about the world around and inside of you do you celebrate?



Day Three

What do you see as the purpose of your life?
What impact can you make on the world and on yourself?

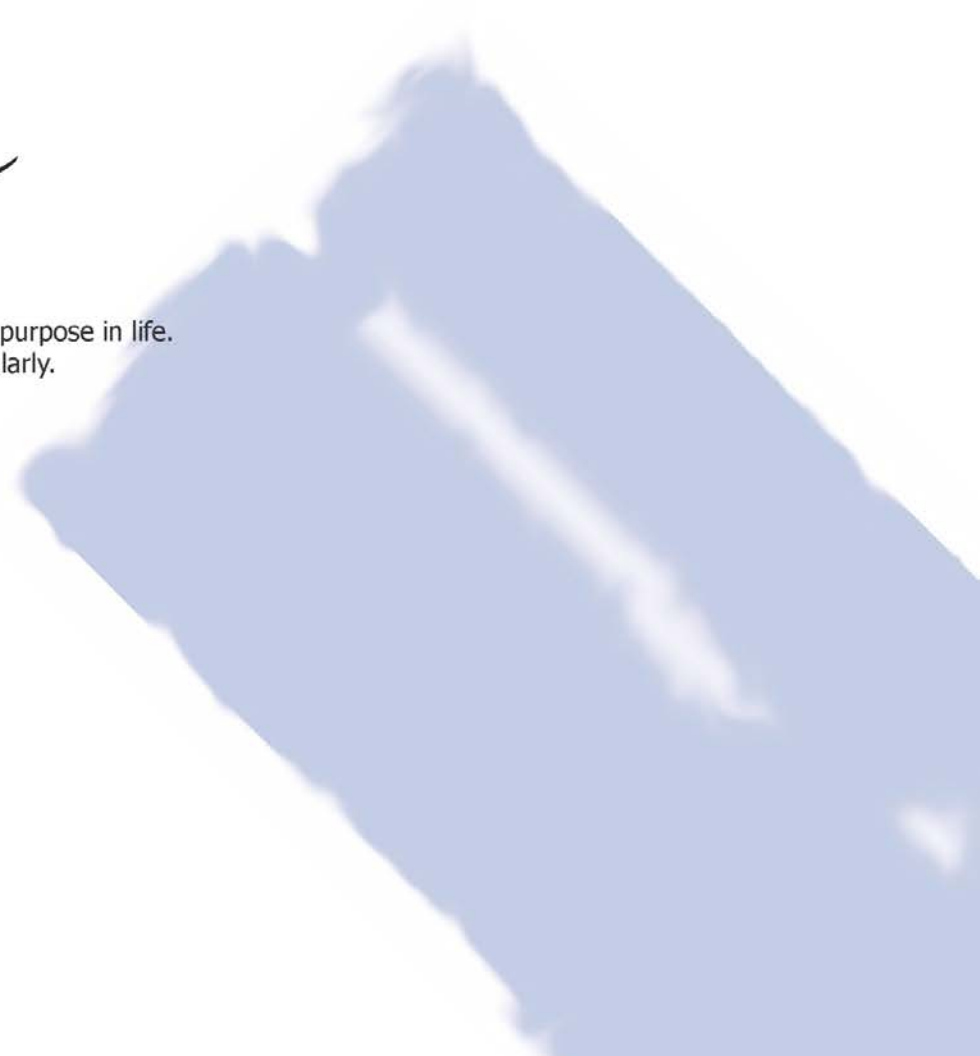
Day Four

Create three affirmations for yourself and your purpose in life.
Write them here and practice saying them regularly.

1.

2.

3.



Day Five

Now distill the affirmations you wrote yesterday into just three simple words.

Write and illustrate them here.

Say them as prayers for yourself and your future.

Breathe in, whisper them to yourself, and breathe out.

Repeat again and again.

Day Six

You've been journaling for a full year.

This is incredible.

Based on the affirmations you have created, set an intention for yourself over the next year.

Write it here.

Be sure you mean it.



Jan Green

Create a poem that begins with the phrase: I am.

Write as much as you can.

Then touch the poem with your fingertips and a sense of gratitude and wonder.

Yes, you are all of those things and multitudes more.



Acknowledgments

A special thanks to the following Colorado Department of Corrections' staff without whose generous support DU PAI projects such as **Sojourn: The Search** would not be possible:

CDOC Executive Director, Dean Williams

CDOC Public Information Officer, Annie Skinner

CDOC Director of Prisons, Matt Hansen

CDOC Education Team, Melissa Smith and Joan Carson

CDOC Sterling Correctional Facility Programs Staff: Capt. Cris Clare and Lt. Noah Toops

To these DU PAI staff and community members dedicating countless hours to **Sojourn: The Search**:

DU PAI Executive Director & Co-Founder, Ashley Hamilton

DU PAI Director of Programming & Lead Affiliate Faculty, Julie Rada

DU PAI Performance & Pedagogy Consultant, Clare Hammoor

DU PAI Development & Communications Manager, Dan Manzanares

Illustrator & Type Design by Andrew Draper

Text by Clare Hammoor

Book Design by Sonya Unrein

All proceeds of **Sojourn: The Search** will go to further support DU Prison Arts Initiative's mission.

Sojourn: The Search is supported by:



ARTS IN SOCIETY



ARTS AFFINITY GROUP
THE DENVER FOUNDATION



Biographies

Dr. Clare Hammoor is a collaborative theatre-maker committed to justice and joy with experience teaching, directing, and devising in universities, public and private schools, professional theaters, and prisons. Clare is fascinated by object-oriented ontologies, playing with things, and interdisciplinary collaboration. Clare is the Performance and Pedagogy Consultant for the DU Prison Arts Initiative where he started a series of play-based arts workshops for children and their incarcerated parents. He is particularly animated by directing theatre with ensembles inside the prison system as a way of collectively imagining a more just and joyful world. He has been collaborating, teaching, and directing with folks in the prison system for a decade. Clare earned a doctorate from New York University where his research focused on the agencies of children and things in play. He also holds a MA in Educational Theatre from NYU, a BA in Theatre and Religious Studies from Indiana University, is an ordained interfaith minister through The New Seminary, and a certified advanced Integrated Energy Therapy practitioner. Clare is currently studying at Iliff School of Theology where he is working toward his Master of Divinity.

Andrew Draper is incarcerated at Sterling Correctional Facility (SCF) in Sterling, Colorado and is an avid artist. As a published illustrator, he has been creating different forms of art since his childhood. Along with creating photo realism and fine art, he greatly enjoys the endless world of animation. Andrew is dedicated to shifting the conversation on who is in prison. Andrew is the male co-host of the With(in) podcast, a collaboration between the DU Prison Arts Initiative and the Colorado Department of Corrections. He enjoys discussing a wide variety of topics to include religion, politics and history. Andrew feels that the podcast team, guests and subject matter help him to become a more well-rounded person. While incarcerated, along seven other incarcerated individuals, Andrew helped begin "The Restore Group" at SCF. The Restore Group is a collection of staff and residents at SCF who dedicate their time and resources to giving back to the community of Colorado. Andrew is committed to using his art and creativity to help others.