

ANDREA
BATH

Writing Strategist



21 Day of FREEwriting



The purpose of this exercise is to allow yourself to write FREELY on the following topics for the next 21 days. To let whatever needs to come out, emerge. Release it from your body and mind, out onto the paper. Don't be afraid to go deep - this is a process of excavating what is sometimes buried so that we can truly bring it to light and begin to let it go.

My recommendation is to write, pen to paper. I believe this to be an incredibly effective emotional processing system. If that doesn't work for you, you can consider typing these out or even doing them as recorded voice notes in your phone. Find a way to make it something you can process without restrictions.

www.andreabath.com

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1. Write a welcome letter to yourself showing up in your journal and what it means to you to dedicate the next 21 days to FREEwriting.
2. What are some (self care) practices that you incorporate into your life regularly that help you to feel grounded and centered?
3. Write about the idea of wants versus needs in life.
4. Write about your life's expectations versus its reality.
5. What is something difficult or painful that you have had to learn to live with everyday?
6. Write about your upbringing and how it has shaped who you are in life.
7. Write about a moment in your life that changed the way you saw the world.
8. What beliefs do you have about yourself?
9. What is one of your life lesson(s) you wish everyone could learn.
10. What do you see as your strengths and how do they benefit your everyday life?
11. What do you see as a weakness you have that you would love to improve upon?
12. Write about the internal effects of a negative opinion of yourself.
13. How do you view your personal mindset and mindset work in general?
14. What can you gain from being open-minded in every aspect of life?
15. Write about your journey to accepting your flaws and seeing them as strengths.
16. Write about accepting who you truly are and how it can change your life.
17. What is it that truly lights you up and why? How do you feel when you engage in this?
18. How often do you engage in what lights you up, and what gets in the way?
19. If nothing could get in the way, and you could engage in what lights you up more often, how would this change your life?
20. Your top life values and how they contribute to happiness and success.
21. Don't censor yourself and write about what you believe the meaning of life is.