

# Writing Prompts

for

*Pen Pals*

SPARKING CONNECTIONS, PROVOKING THOUGHT, HAVING FUN

connect more deeply and easily

*Focusing your thoughts*

a collaboration

Ampersand Lettering Lab, based in Traverse City, Michigan, creates custom hand-lettered signs, murals, and so much more. They (Heather) created an adult pen pal league, pairing pals and providing each with supplies for 10 cards. It was a delightful success, but the pals longed for prompts.

The collaboration arrived in the spirit of pen pals - two people connected through a shared source. Our women-run businesses, operating in our own strengths, began collaborating with a common goal: connecting you.

The Cardist Studio, based out of New York City, is a specialized writing studio focused on cultivating connection through words. They (Mary-Alice) were tasked with creating writing prompts for these pen pals, and oh, how it thrilled them! Inspiring thoughtfulness is exactly their wheelhouse.

These collaborative prompts are meant to deepen connection between pals, with ourselves, and within our wider communities. The prompts are meant to be mutually chosen between pals, in no specific order. Explore!

“One can only go for so long without asking  
'who am I?' ” - Rivers Solomon

**Ampersand Lettering Lab**  
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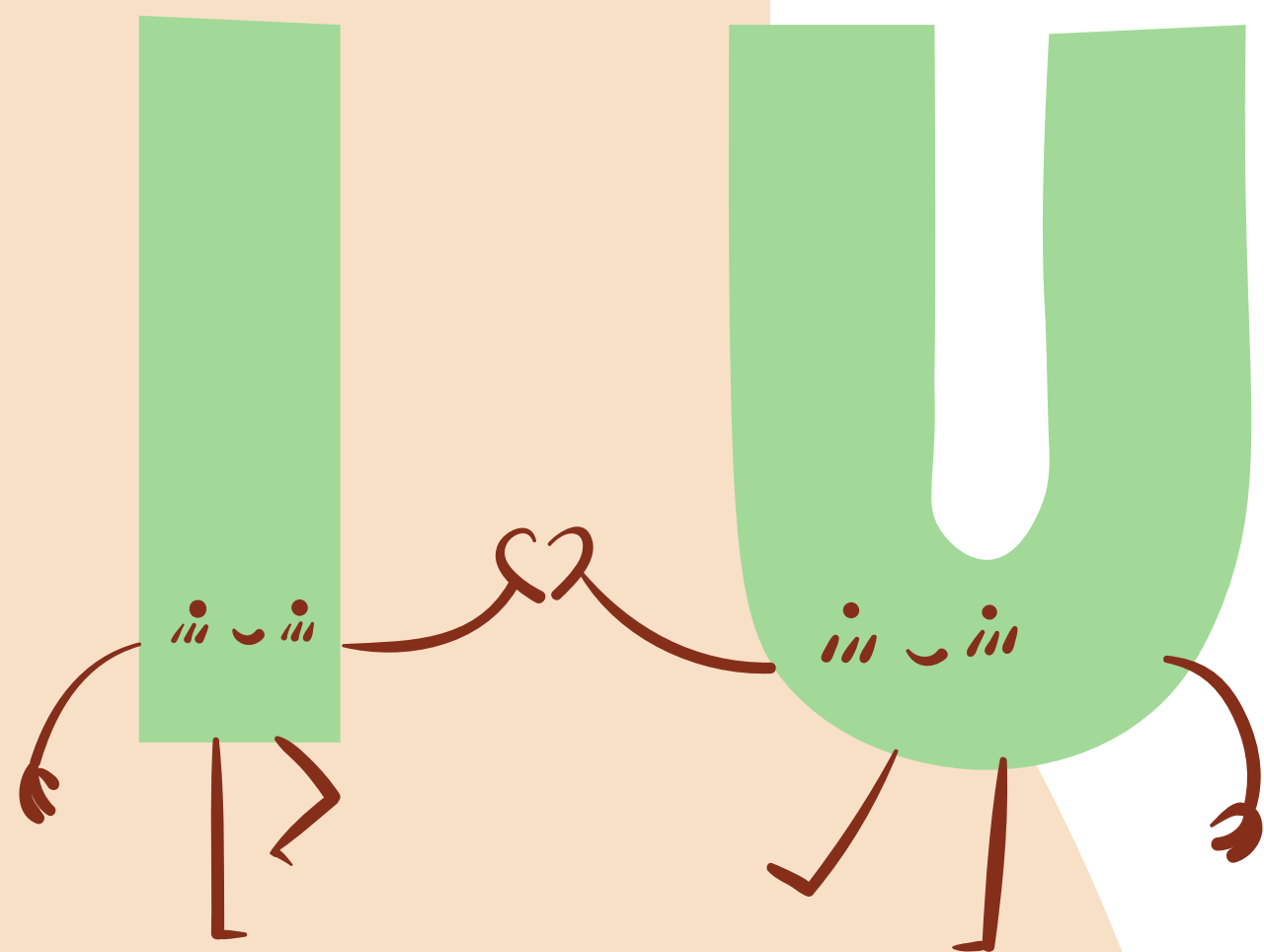
**The Cardist Studio**  
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# Vulnerability Pack

This pack opens the door for sharing who we are on a deeper level. Pen pals decide together which prompts they're going to complete and which to hold for later.

Vulnerability Pack is about knowing ourselves and sharing ourselves. To know and be known, in a safe and supportive environment, is one of our primary human needs.

This pack, like all the packs, requires respect for ourselves and our pen pal, so that safety and consent are practiced whenever a prompt is chosen. Who are we? Let's explore!

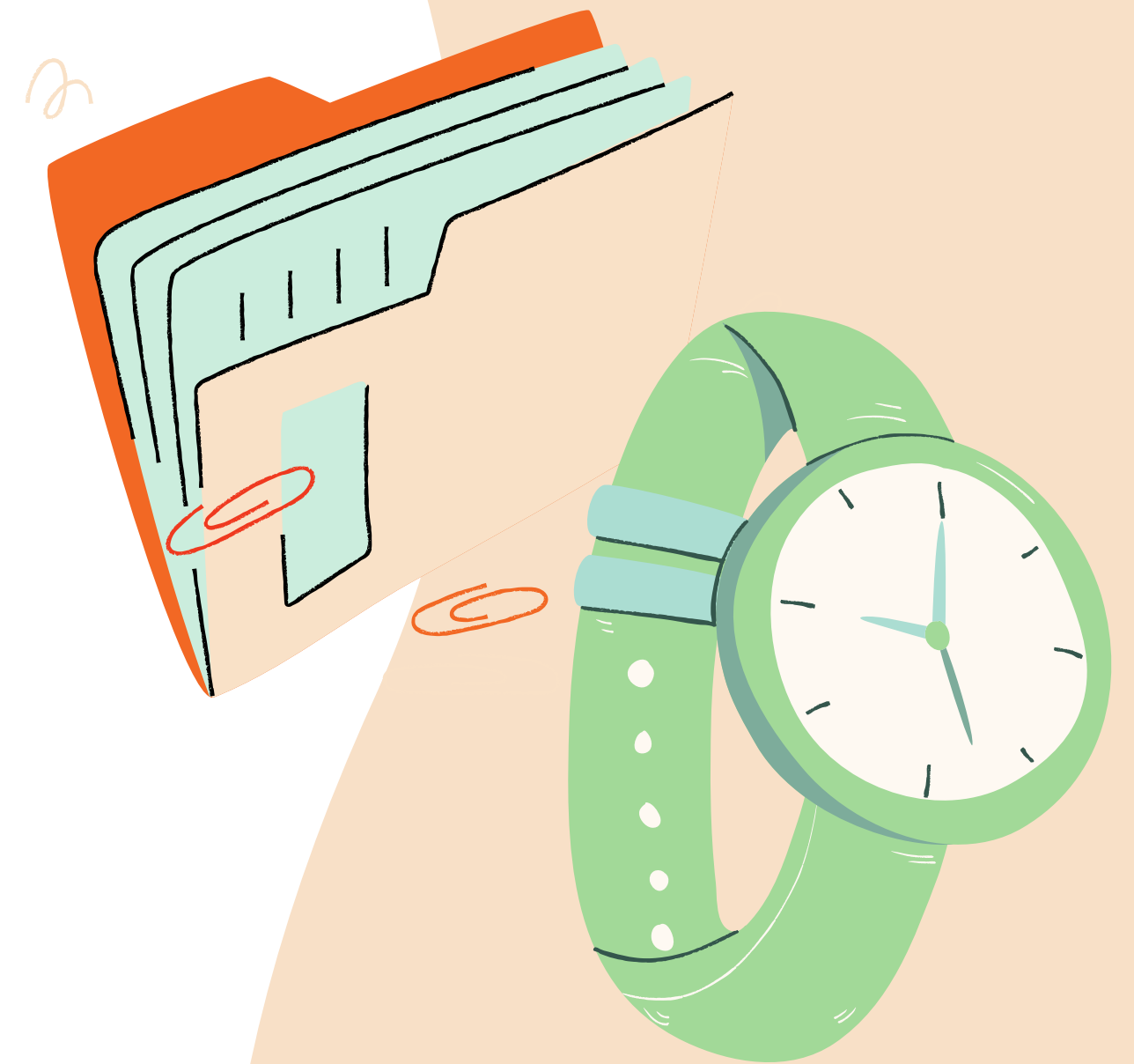


# Habitat Pack

This pack invites us to slow down and look at our daily practice. Pen pals decide together which prompts they're going to complete and which to hold for later.

Habitat Pack is about our environment: the regular functions of our day-to-day but in a more fun way. Do you dry towels over the door, do your socks live in a hammock, do you drink two glasses of water before you eat? Only you know, but it will be fun sharing!

All packs target respect, connection, and sharing experiences. Our lives are improved by learning diverse ways to do our regular stuff and looking at where we first began our habits. Let's discover!

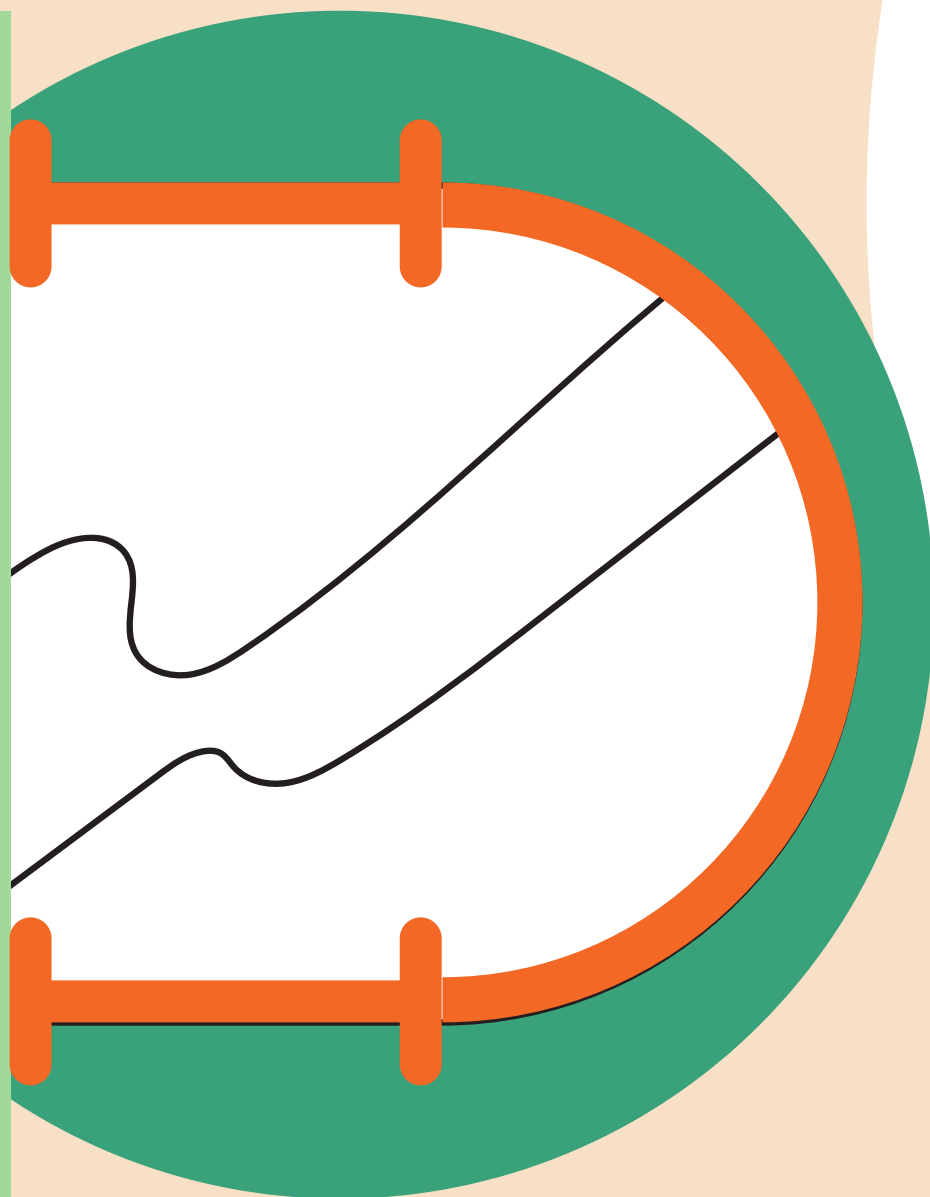


# Mirror Pack

This pack urges us to observe ourselves, our surroundings, and our connections in a wider context. Pen pals decide together which prompts they want to complete and which to hold for later.

Mirror Pack is a reflection of our lived experiences. What do we see in ourselves and around us? This pack touches a variety of topics avoided in casual conversation, but are safe here because the goal is observation not judgment (politics, news, race, education, religion, history, etc). Let's look at our reflections and discover how greater awareness brings richer connections!

Respect and self-reflection are the keys here, not judgment.



# Creativity Pack

This pack provides a shared creative experience and many prompts require some time outside of the letter-writing. Pen pals decide together which prompts they want to complete and which to hold for later.

Creativity pack ignites our other forms of expression and invites us to share the experience with our pal. This is a pack of self-discovery, adventure, and a few areas that challenge us to step outside of our norms and live expansively!

This is not a competition, it's a collaboration. Spark your creative minds - there are no wrong answers!

