



## Writing your creative life story

You can use these prompts to reflect on and write about the significant elements in your life that contribute to who you are as a woman. You are encouraged to use a journal or notebook to record your reflections. Writing can open new perspectives and insights for you that can be affirming and healing.

You may also want to keep these questions with you as you weave.

**1) What are some of your greatest achievements, successes or creations?**

What did you do? How did this make you feel?

What role did this accomplishment play in shaping your story?

**2) What are some of the greatest challenges that you faced?**

What and who supported you through these challenges?

What personal strengths did you develop in overcoming the challenge?

**3) What were the most fun experiences?**

When did you feel the most joy? Who did you share these experiences with?

**4) When did you feel the greatest wholeness?**

**5) What are you the most proud of?**

**6) What experiences made you feel the most empowered?**

Why?

**7) What provided the most opportunity for growth and personal development?**

How did this change you?

**8) What were the strongest outside influences in your life while you were growing up?**

How did they affect you?

**9) Who are the most significant people in your life?**

Why?

How has your relationship to them shaped you?

**10) What significant events in your life had the most profound effect on you?**

How did you deal with these circumstances?

What did you learn from your experiences?

**11) What do you want to share about your self as the woman you are today?**