Abundance: An Art Journal Prompt – Amy Oestreicher – amyoes.com

Step One
Write your theme on the inside cover of your Journal. Think of 12 sub topics that you write on the first page of your Journal.

Step Two:
Pick themes. If I were writing an abundance journal my sub topics might look like:

1. I recognize abundance in my life.
2. Material gifts I am receiving.
3. Spiritual abundance looks like ...
4. I have abundant love in my life.
5. The love I am giving is..
6. The love I am creating..
7. I am open and deserving of abundance.
8. Abundance is my birthright.
9. My view of abundance..
10. My favorite examples of abundance..
11. My feelings about receiving..
12. How I feel about being a giver of abundance.

Step Three
The list of 12 is your journal intentions. As you read through these before you write in your journal, items in your life will materialize for you to write about. You will recognize in your life what you focus your intention on and take committed action towards.

Step Four
Be mindful of gathering items that go along with your theme. If you were invited to eat a wonderful meal and recognized abundance, perhaps a photo of the occasion, a slice of cork from the wine bottle, or a napkin could be included with your written account.

Step Five
As far as your individual topics - read through your intentions and begin to write the first thing that comes to your mind. Write in such a way that no matter what, you find through writing the good news for yourself. Find the win/win, find your gratitude and record what you have learned. Write about your next natural step forward.

Write about topics such as these, or even use a book of poetry or inspirational quotes to add to your writing experience. Draw a sketch or add a cut-out you liked in a magazine.

- What events most affected you? What have you learned?
- When did you feel most loved, cherished, fully seen and heard?
- When did you feel angry and betrayed? What would that look like from the other person's perspective?
- Which events will you never forget?
- What made you stop dead in your tracks and head in another direction?
- Do certain types of people keep showing up in your life? What does this mean to you now? Write about your risks, commitment, faith, peace, and joy.