September

PATIENCE

THE FLOWERGAMES



The Flowergames

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Modified Al generated prompts to make writing fun

Writingdates



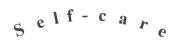
Disclaimer:

The Flowergames is designed to be a tool for creative self-expression and exploration. It is not intended to be a substitute for professional mental health or therapeutic advice. If you are struggling with significant emotional or psychological difficulties, please seek guidance from a qualified professional. While the journal prompts and exercises are designed to inspire and encourage creativity, they may not be suitable for everyone. Use your own discretion and adjust the activities as needed to fit your individual needs and comfort level.

The author and publisher of this workbook are not responsible for any outcomes or experiences that may arise from using this journal.

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In what areas of your life do you find it most challenging to practice patience? What triggers your impatience?



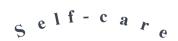


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Recall a time when your patience was rewarded. How did that experience shape your perspective on the value of patience?





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Notes

