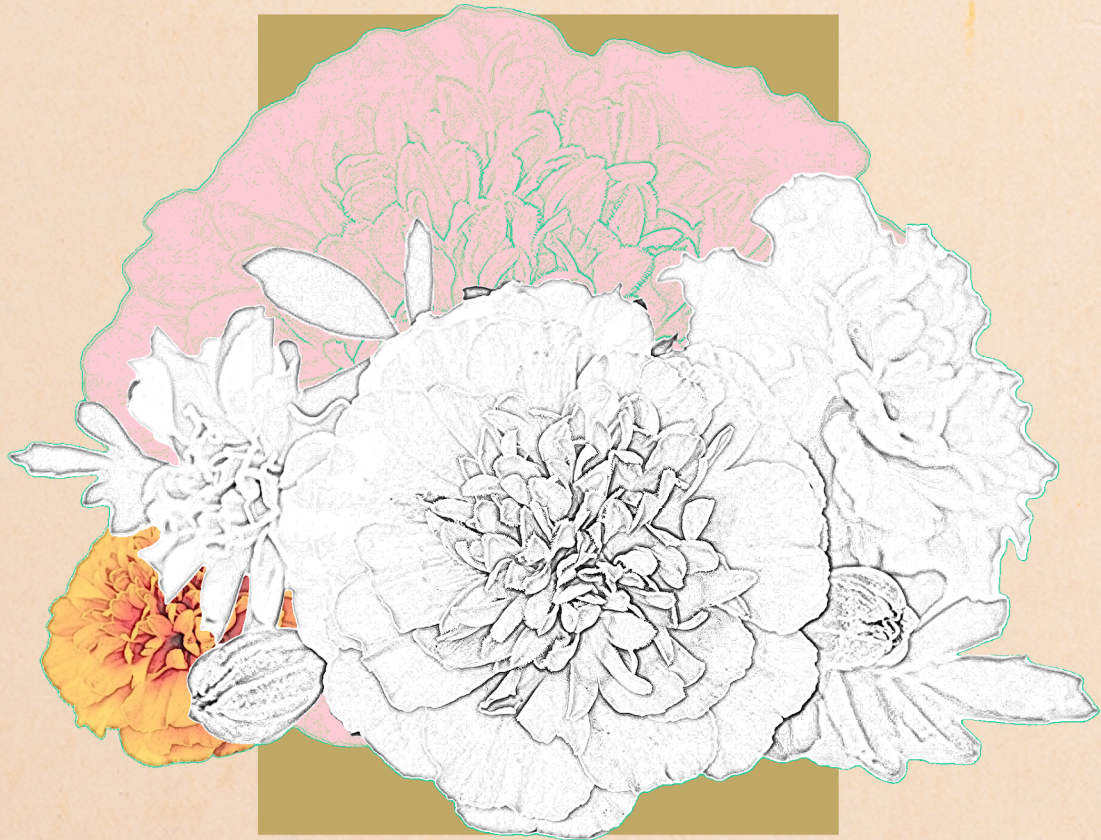


October

RITUALS

THE FLOWERGAMES



The Flowergames

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Modified
AI generated
prompts to make
writing fun

Writing dates



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.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

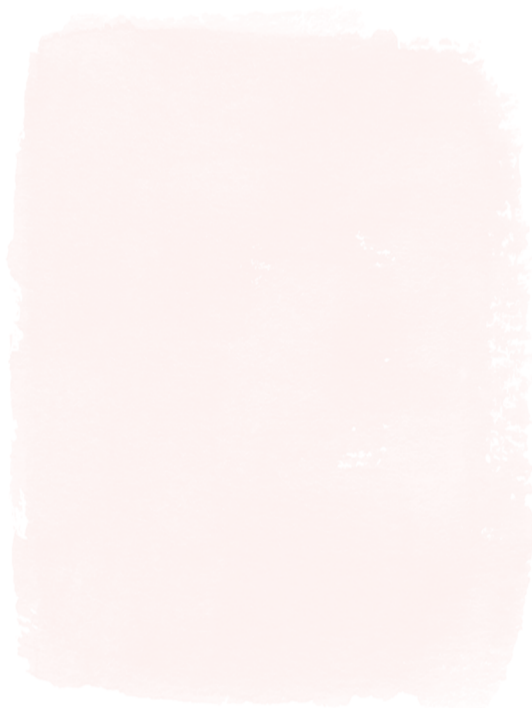
Write about a village preserving ancient rituals amidst a fast approaching change.

How do daily rituals structure your life?

S e l f - c a r e



I d e a



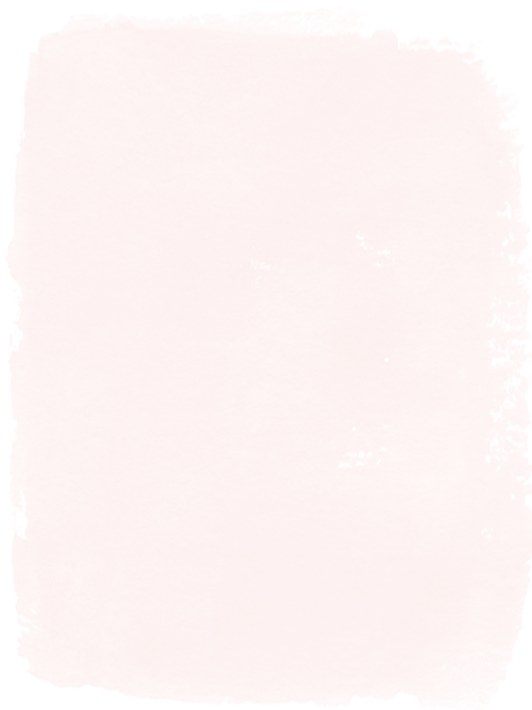
Siblings creates a new ritual to honor the memory of loved one lost in a tragic event

Are there any cultural or family rituals that you connect with deeply? Why or why not?

S e l f - c a r e



I d e a



Notes