

APRIL

CHEERFUL

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

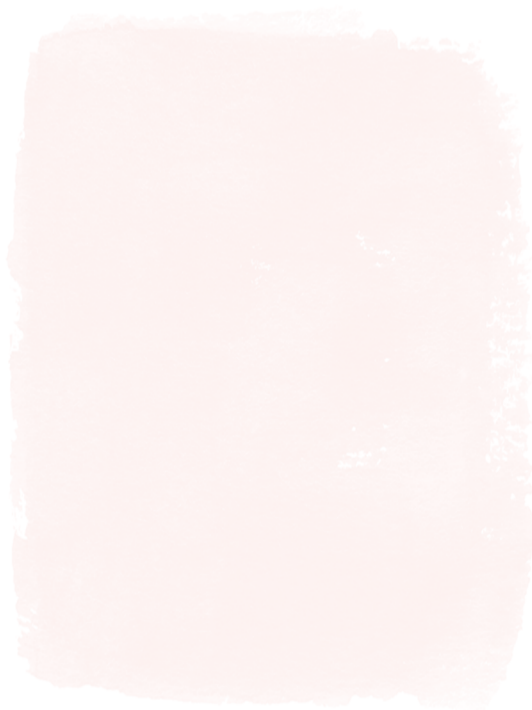
**A note tucked into a book reads: "You deserve rest."
Who left it there?**

If your life had a “joy shelf,” what small moments, items, or memories would be on it?

S e l f - c a r e



I d e a



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

A faded polaroid falls from an old journal—on the
back, a message from someone who once believed in
the antagonist

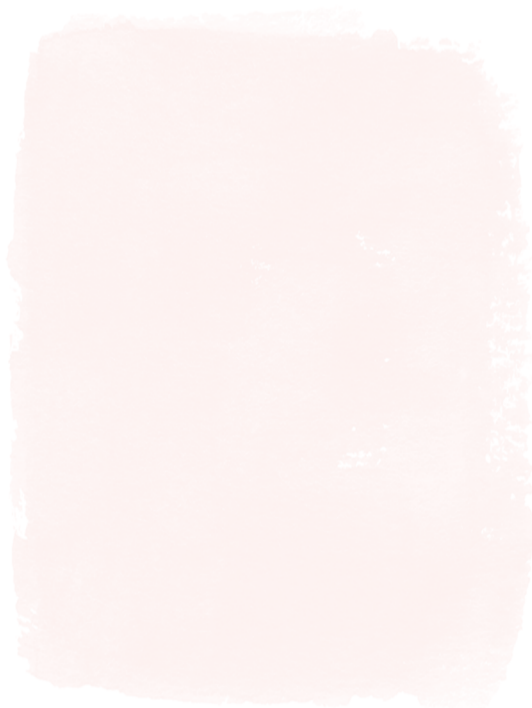
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

**Rewrite today's most mundane moment as if it were
part of a magical adventure.**

S e l f - c a r e



I d e a



A worn-out professor gives the protagonist a key,
whispering, "Find joy where I could not."

Notes