

APRIL

GENTLENESS

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.

A woman rents a cottage by the sea, determined to spend a year alone. Slowly, the house begins to feel like it's listening.

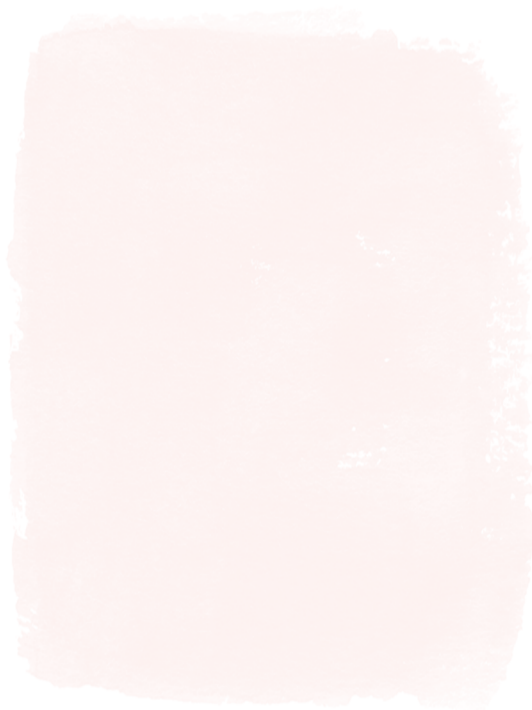
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

How do you speak to yourself on difficult days? If you were speaking to a friend, would your words be different?

S e l f - c a r e



I d e a



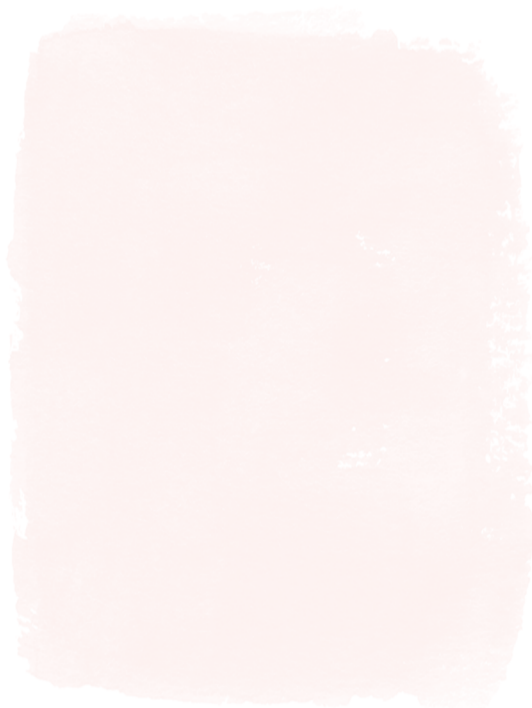
A woman begins rewriting fairy tales with happier endings—but each time she does, something in her own life changes.

**When was the last time you gave yourself
permission to rest without guilt?**

S e l f - c a r e



I d e a



A stranger returns the same library book every
Friday, always with a pressed flower inside.

Notes