

JULY

# LIGHTEN

THE FLOWERGAMES





# The Flowergames

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Modified  
AI 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.

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 magical umbrella that lightens  
the weight of anything it covers.**

**Describe a piece of art, music, or literature that  
has the power to lighten your heart.**

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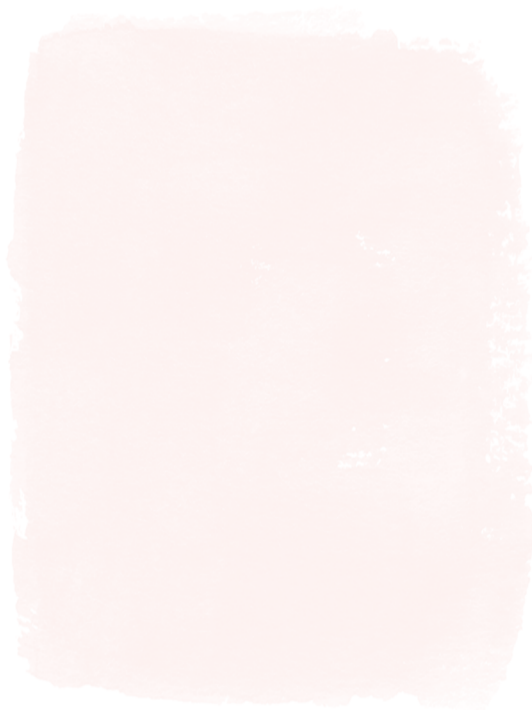
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**S e l f - c a r e**



**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

**Write about a cave lighted up by  
bioluminescent creatures**

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

**What is a simple pleasure that always lightens  
your day? Write why**

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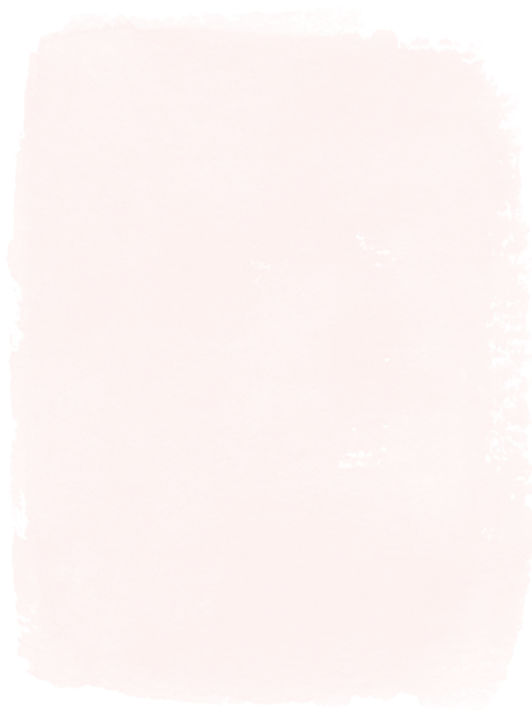
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**S e l f - c a r e**



**I d e a**





**Write about a character who instantly lightens  
the mood of any room they enter.**

# Notes

