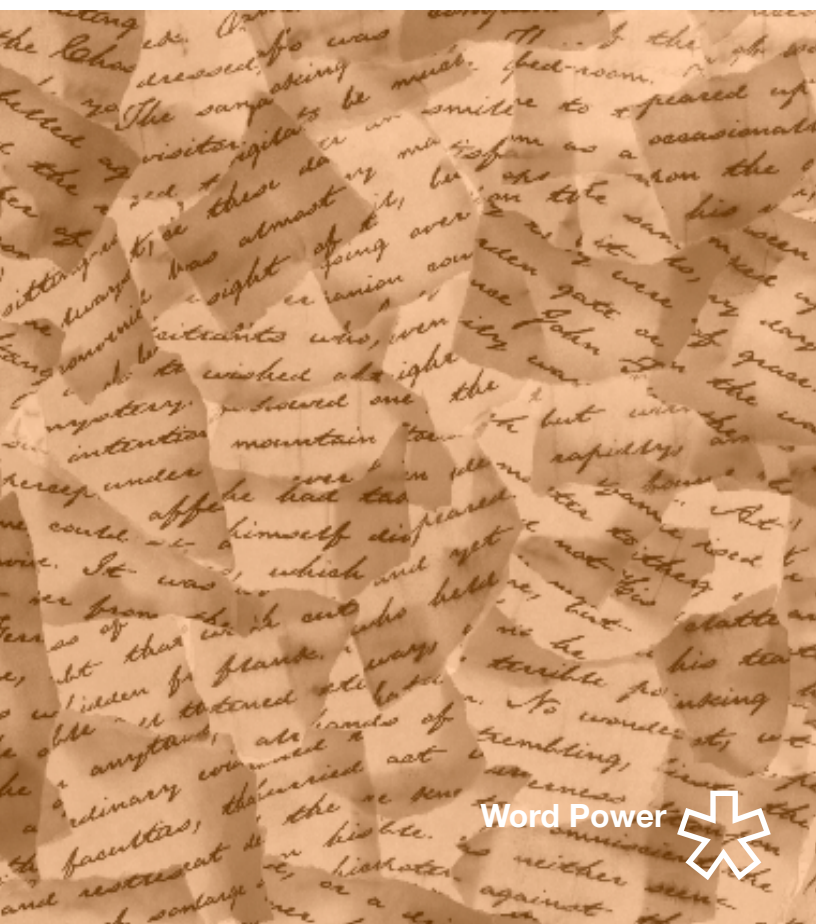


ENDINGS

1



Word Power



ENDINGS

Mind

Body

Heart

Soul

“We’re not all supposed to think alike.”

Charles Barkley

Reflection

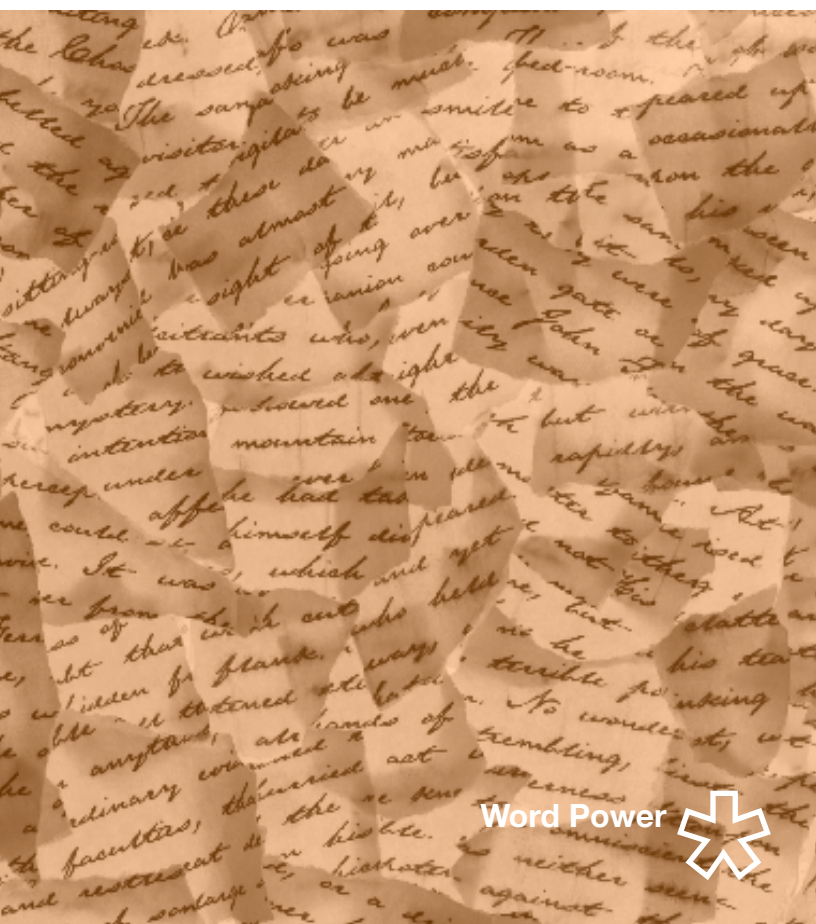
Does everyone have a unique way of thinking? Can these differences bring people together? Or will they drive people apart?

Action

Work with two or more people. Find a situation that you have all experienced — the first day of school, getting lost, eating your favorite food. Write five sentences about the situation you chose, and share them with each other. How are your voices the same? How are they different?

ENDINGS

2



Word Power



ENDINGS

Mind

Body

Heart

Soul

“A wounded deer leaps the highest.”

Emily Dickinson

Reflection

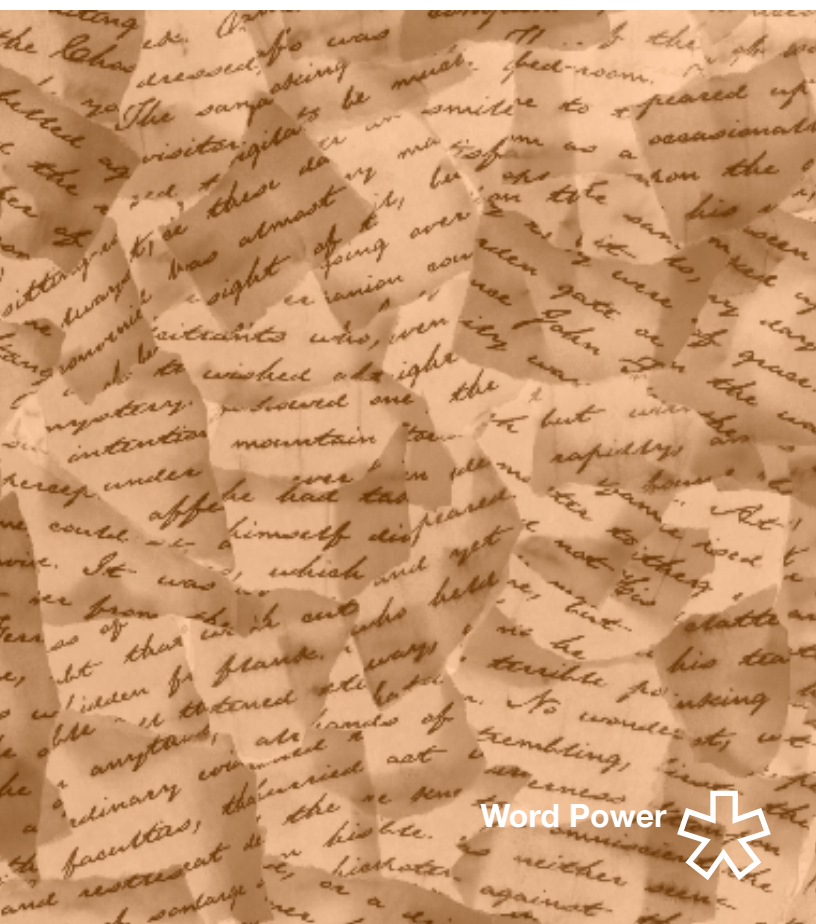
How can a wound, which causes pain, lead to the ability to leap higher than others? Can hurtful experiences lead to greater strength?

Action

Write a story about a painful event. After you finish reflect on what it was like to write this story.

ENDINGS

3



Word Power



ENDINGS

Mind

Body

Heart

Soul

“There is no greater agony than bearing an untold story inside you.”

Maya Angelou

Reflection

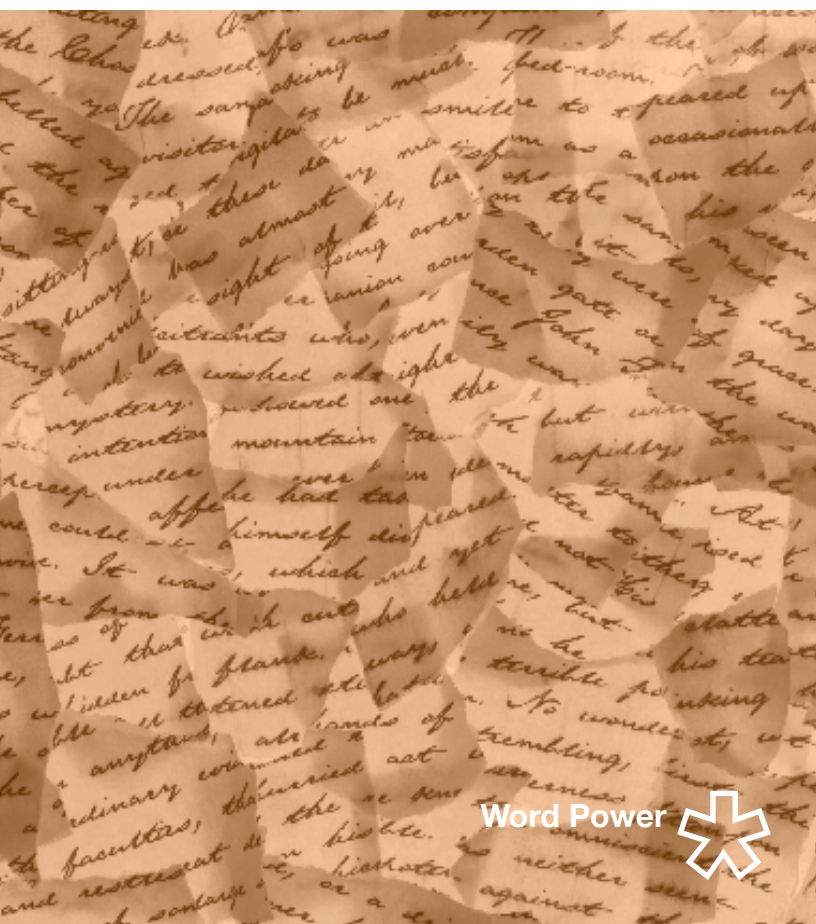
How can an untold story cause pain? Why is it important to find a written or spoken voice, to unlock your story? Can speaking or writing about your experience help turn it into a memory, instead of feeling the pain each time?

Action

Choose an event. Write a story about that event without describing what happened. After you finish, reflect on what it was like to write this story.

ENDINGS

4



Word Power



ENDINGS

Mind

Body

Heart

Soul

“We are all absent from ourselves.”

Chummy Chumez

Reflection

What does it mean to be “absent from ourselves”?
Why does this happen?

Action

Write ten words describing how you feel at this moment. Now, pretend you’re another person, looking at you. What words would this other person use to describe you?

UNCERTAINTY 5



Word Power



UNCERTAINTY

Mind

Body

Heart

Soul

“Man does not speak because he thinks; he thinks because he speaks.”

Octavio Paz

Reflection

Thinking and speaking have a relationship to each other. How does your thinking influence your speaking? How does your speaking influence your thinking?

Action

Think of a sentence. Once you do, write it down. Then read it out loud. Did thinking, writing, and speaking feel the same? Did you make any changes at each stage?

UNCERTAINTY

6

Word Power



UNCERTAINTY

Mind

Body

Heart

Soul

“Speak your mind, even though your voice shakes.”

Maggie Kuhn

Reflection

What feelings can cause someone’s voice to shake?
Have you ever experienced those feelings?

Action

Think about a feeling that makes you shake. Say or write something about that feeling. Take some time (a week, a day, an hour), then try speaking or writing about the same feeling. Did you still shake?

UNCERTAINTY 7



Word Power



UNCERTAINTY

Mind

Body

Heart

Soul

“Maybe I write because I’ve learned to show certain parts of my heart on the page that I still struggle to capture in speech.”

Common

Reflection

Are some words too hard to say out loud? Can writing free your voice?

Action

Think about something important that you feel in your heart. Write one sentence about it to be read aloud, and then write down some of the things that did not fit into that sentence.

UNCERTAINTY

8

Word Power



UNCERTAINTY

Mind

Body

Heart

Soul

“My voice is born repeatedly in the fields of uncertainty.”

Terry Tempest Williams

Reflection

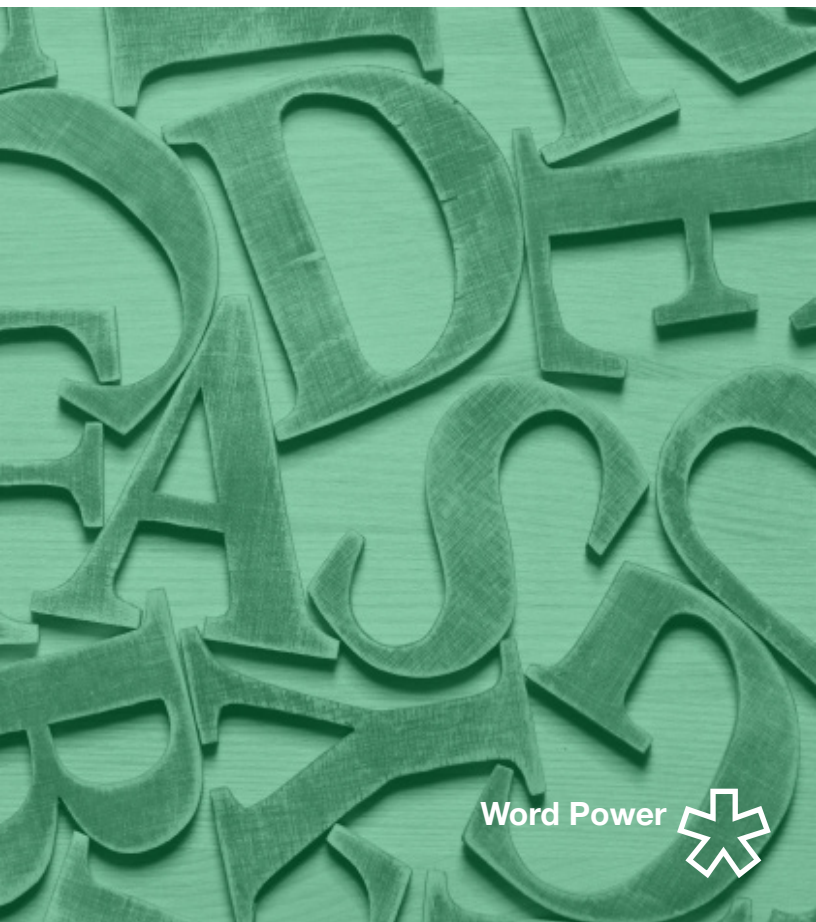
How can uncertainty help people find their voices?
Why is uncertainty important? Are questions as important as answers?

Action

Write down three questions you carry, things that worry you or make you curious. How does it feel to write questions without answers?

BEGINNINGS

9



Word Power



BEGINNINGS

Mind

Body

Heart

Soul

“I believe you can speak things into existence.”

Jay-Z

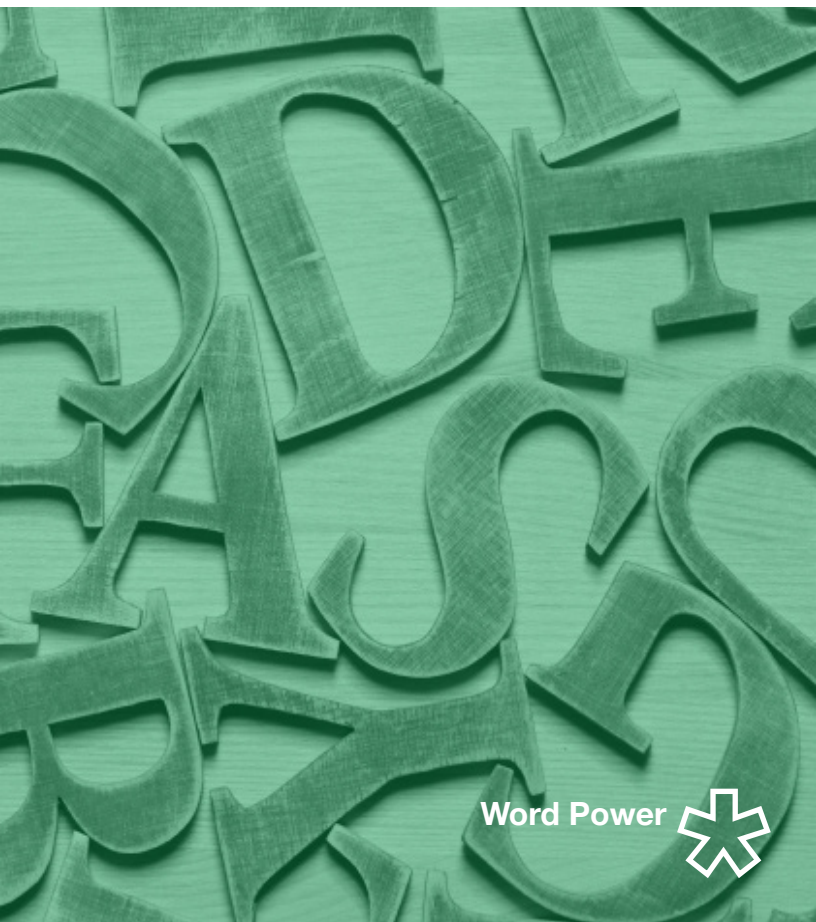
Reflection

How can speaking cause something new? Can words change your view of reality?

Action

Write down something that will happen tomorrow (or next week, next month, next year), and carry it with you. When the time comes, read what you wrote. Did the words change anything?

BEGINNINGS 10



Word Power



BEGINNINGS

Mind

Body

Heart

Soul

“He has no voice. Someone needs to speak for him.”

Amy Kaufman Burk

Reflection

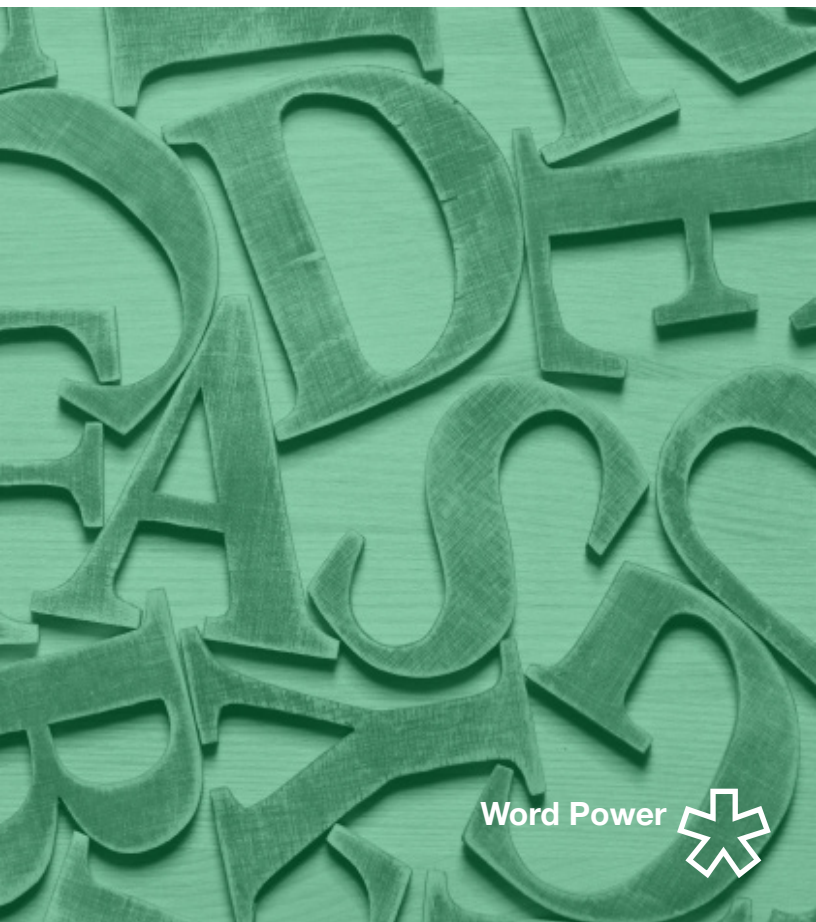
Did you ever witness something happen to someone who was not able to speak about it? Do you carry the pain of seeing someone hurt? Do you carry their silence?

Action

Try speaking or writing about that person's experience and about your experience as a witness. You can be that person's voice and your own voice as well. How are the voices of the victim and the witness the same? How are they different?

BEGINNINGS

11



Word Power



BEGINNINGS

Mind

Body

Heart

Soul

“I implore you to see with a child’s eyes, to hear with a child’s ears, and to feel with a child’s heart.”

Antonio Novello

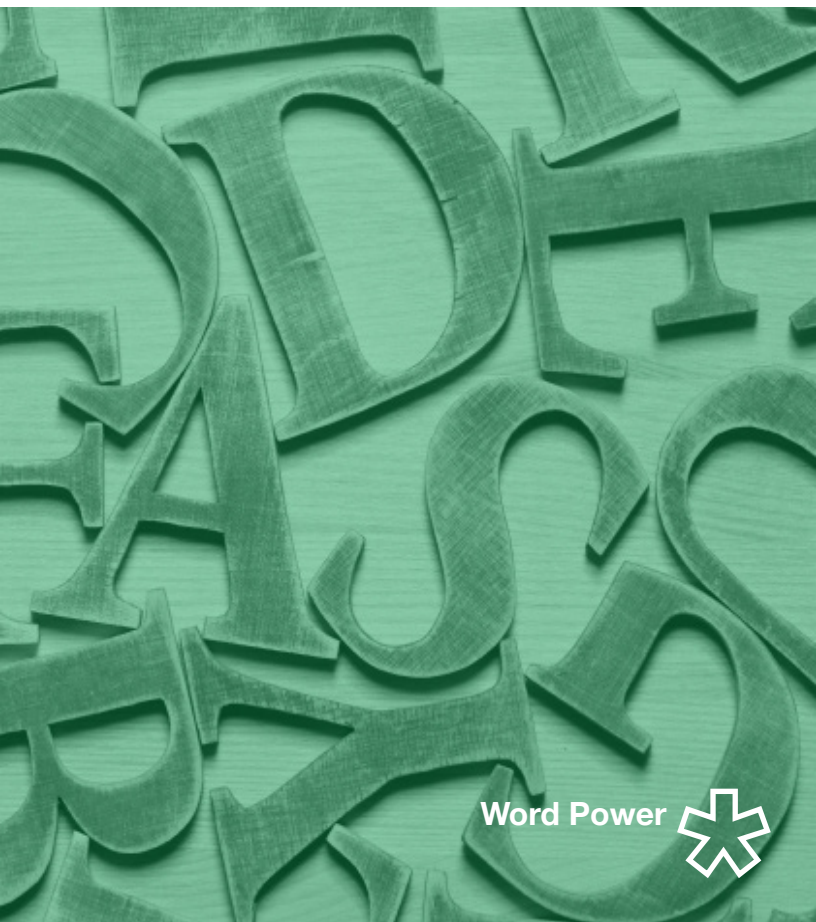
Reflection

Why do childhood experiences hold so much power? How can we channel that power in a productive direction as we grow older?

Action

Think about an important experience from when you were very young. Write three sentences about it with a child’s eyes, ears, and heart. What would you see, hear, and feel differently as an adult?

BEGINNINGS 12



Word Power



BEGINNINGS

Mind

Body

Heart

Soul

“I can shake off everything as I write; my sorrows disappear, my courage is reborn.”

Anne Frank

Reflection

How can writing make “sorrows disappear”? How can writing cause courage to be reborn? How can words help the soul heal?

Action

Think of something that feels like a weight on your soul. Try writing ten words about it. Hold the writing in your hand. Does it feel as heavy?

RENEWAL

13



Word Power



RENEWAL

Mind

Body

Heart

Soul

“Things I say have value and I would love for you to value them, however you get it.”

Lil' Wayne

Reflection

Do you feel your words have value? If other people hear your words in a different way than you meant them, do the words still have value?

Action

Think of something someone said that you disagree with. Is there something you can agree with in what was said? Can you write one sentence from that person's perspective?

RENEWAL

14



Word Power



RENEWAL

Mind

Body

Heart

Soul

“With writing, we have second chances.”

Jonathan Safran Foer

Reflection

Have you ever wished you could have a “do over”? Do you look back on mistakes and literally feel sick, wishing you could change what you did?

Action

Try writing about the mistake and how you’d do it differently if you could. Can words provide an opportunity to learn from a mistake? Can learning from a mistake provide a second chance?

RENEWAL

15



Word Power



RENEWAL

Mind

Body

Heart

Soul

“I have always imagined that Paradise will be a kind of library.”

Jorge Luis Borges

Reflection

Paradise is a place filled with happiness and peace. A library is a place filled with words. How can words provide happiness and peace?

Action

Imagine a place of happiness and peace. Try writing a description. Now, step into that world created by your own words. Can you feel happiness and peace, even for a moment?

RENEWAL

16



Word Power



RENEWAL

Mind

Body

Heart

Soul

“Writing is the geometry of the soul.”

Plato

Reflection

Geometry is a branch of math dealing with shapes. When the soul has been hurt, the pain can feel like a shapeless infinity. Can giving shape to pain help the pain become more manageable?

Action

Think about an experience, and the shape it might take – sharp edges? Smooth curves? Broken lines? Draw the shape, and then describe it with words. Does defining the shape make it weigh on your soul a tiny bit less?