

Writing Your Way to Self- Discovery

Use the power of journal writing to discover your true self and deepest desires. Writing down your thoughts, ideas, emotions, memories and the details of your day-to-day life can:

- Bring clarity to your life
- Empower you to identify areas of your life that you would like to change
- Put you in touch with your deepest self

During this workshop I will discuss the many benefits of journal writing, a variety of journaling techniques and provide writing prompts and ideas that will assist you on your journey of self-discovery. We will spend our time together writing from a variety of prompts. Some are thought-provoking and others are just plain fun. Beginning and experienced journal writers welcome.

Bring a notebook or journal and a favorite pen.

Date: August 27, 2021

Time: 1:30-3:30

For more information and to register: Contact Wiawaka Center for Women to Register. 518 668-9690 or <https://wiawaka.org/lectures-stories/>