

# Healing Words: a journey of HOPE

Week 4

How Do I Want to Walk This Journey?

This week, we will be writing a letter to ourselves. This can be something we come back to and add on to as necessary.

## WRITING PROMPT

Dear (Your Name),  
How do I want to walk this journey?

## HAIKU HOMEWORK

Write a haiku for each of these:

How has writing helped me?

What surprised me in the writing I did?

What do I love about haiku?

Who am I now?