



Presents

Keeping My Diary 33 Day Challenge

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Your goal during this 33 Day Challenge is to come to the page daily, whether you're a beginner, occasional scribbler or seasoned diarist. At the end of the challenge or in the middle you should discover a purpose for keeping your diary, journal or notebook. The idea is to get you writing, to get you to the page and keep you coming back to the page after the 33 Day Challenge.

To give yourself accountability, **set a timer**. Whether you write 5, 10, 15, or 20 minutes the goal is to write and not to stop. If you need to keep writing after your allotted time that is great, but don't stop until your alarm goes off. The prompts are connected, in a roundabout way.

GET YOUR FAVORITE PEN

GET A DIARY

FIND A SPACE, A COMFORTABLE SPACE

DATE THE PAGE EVERY DAY

Day 1

A season is a time of year noted by the change of weather, ecology. A season is a time of year when something is best or available. Describe your favorite season of the year. What does it look like, sound like, taste like, smell like, feel like?

Day 2

Describe the perfect day during your favorite season of the year. Who are you with and what are you doing?

Day 3

Why do you like this season of the year? Was there a birth or a death, did you stop doing something and start something new? Is it a time for family and friends? Explain.

Day 4

How old were you when you decided this season was your favorite? At this age what did you look like? What was going on around you? Do you remember. Write down what you remember.

Day 5

Write a letter to someone in your life—spouse, sibling, lover, friend, aunt or uncle, cousin—explain to them about this season, the activities that take place, and why it brings you joy.

Day 6

During this season of joy, what did you plant, what did you reap? Explain.

Day 7

Continue the letter by describing a season that does not bring you joy. For example, depending where you live, winters can be frigid and icy, zero visibility, summers can feel like a 24-hour oven and springtime pollen can clog your nose. Be specific.

Day 8

Yearly we know there is winter, spring, summer, and fall. But what about our life, what season of life are you in: (1) dry season: What you know to be true about God is not lining up with your experience, (2) waiting season: Waiting is living in the unknown, whether it's a new job, an awesome boyfriend or girlfriend, or spouse, the birth of an idea, or yes to a prayer; (3) busy season: the grind is real and there is not enough time to get it all done; (4) tests and trials season: hard times are serious and it doesn't seem as though you can get enough comfort and strength to endure, but you do; (5) happy season: you are killing it at work, you're doing great in school, you have a steady paycheck, he popped the question; it's a yes to launching your brand. Pick a season and describe how it makes you feel, be honest.

Day 9

Go back to the last sentence in your diary about your season of life and keep writing.

Day 10

Whatever season of life you are in write God a letter of gratitude. Be thankful knowing this season is making you stronger and wiser.





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Day 11-Check in

It's Day 11 have you been coming to the page consistently? If not, write down why you are avoiding the page. If you have been consistent, how does it feel to come to the page daily? Are you anxious, excited or overwhelmed.

In *Becoming Michelle*, former first lady writes that President Obama always finds a hole, a place to sit and write and meditate. Have you created that space for yourself? Why or Why not? Michelle also tells us that when she first started her journal she wrote in a clothbound black book with purple flowers on the cover and kept it next to her bed? What does your diary look like and where do you keep it?

Day 12

Hopefully, you've been coming to the page every day, if you have Woop! Woop! If you haven't, don't beat yourself up. Let's think about purpose. Over the years, I've used my diary for various purposes (1) to breath and work things out (2) to write out my prayers (3) to create (4) to vent without judgement (5) to remember myself (6) to leave a footprint, a legacy, for the future generation whether it's my children, their children or their children, or another diary-keeper seeking words of wisdom. Write down your purpose for this time, remember like seasons, reasons for keeping a diary change.

Day 13

You've been looking at yourself through the seasons based on your observations from the outside and the inside, from objects to subjects. Compare your favorite season (winter, spring, summer or autumn) to your now season of life (dry, waiting, busy, tests and trials, happy) , don't worry if there is overlap. How are handling the seasons of life?

Day 14

Write a letter to the most important person in your life and tell them about this season of your life? Give them some real talk.

Day 15

Go back to the last sentence in the entry of Day 14, write that sentence on the top of the page and keep writing the story.

Day 16

Go back to the last sentence in the entry of Day 15, write that sentence on the top of the page and keep writing the story.





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Day 17

Look at the pictures. rock, feather, and light. If you had to describe yourself as rock, feather, or light, which one would it be. Why?



Day 18

When you don't like a thing, change it. If you can't change it, change the way you think about it. —Maya Angelou. What kind of change do you need to make to be more powerful, have clarity, let things go.

Day 19

In the book of Ezekiel, chapter 21 verses 8-10, the sword is sharpened and polished, sharpened to kill, polished to flash and glimmer like lightening. It is a horrible time to feel the sword because the people did not want change. What do you need to kill or slay in your life with a sharpened sword to live a healthier lifestyle?

Day 20

As iron sharpens iron, so one person sharpens another, Proverbs 27: 17 Write a message to the person in your life that you want to help sharpen. Be sure to share your sharpening experience.

Day 21

They sharpen their tongues like swords and aim cruel words like deadly arrows. Psalm 64:3. It's that time, confess those cruel words you have said to someone. Write a message of forgiveness.

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Day 22-Check in

You should be proud of yourself, coming to the diary page daily. We have a few more days left in the challenge. How do you feel so far? Are you happy, anxious, overwhelmed? Do you think you will keep writing in your diary after the challenge is complete? Why or why not?

Day 23

You're sharpening your saw, yourself, with this daily practice. Virginia Woolf says the diary is an autobiographical tool, a place for more self-exploration. So, take a look at yourself and Complete the following phrase:

I am...

Day 24

Get to know more of yourself, get sharper. Complete the following phrase: **I want...**

Day 25

Love yourself, respect yourself. Complete the following phrase: **I have...**

Day 26

Describe exactly what is in front of you.

Day 27

Describe what is behind you.

Day 28

Write whatever you want, just write.

Day 29

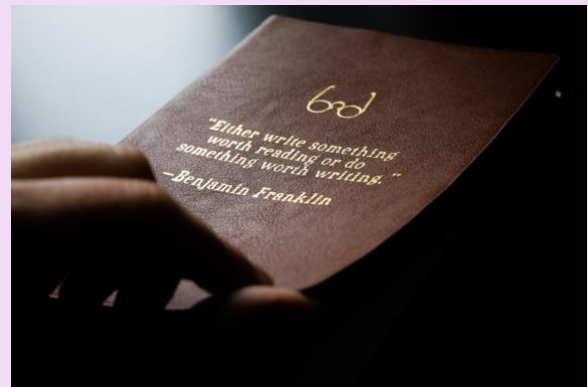
Write it down! Write what's on your mind.

Day 30

Keep writing.

Day 31

Just write, write now.



Day 32

What did you learn about yourself during this 33-day challenge? Write for as long as possible without stopping about this or anything else.

Day 33- The Harvest

Step 1- Get a Highlighter

Step 2- Go back to Day 1 and read what you wrote without stopping

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Step 3. When a sentence, word, or phrase makes you smile or frown highlight it.

Step 4. After you've read your 33-Day Diary, write what captured you most.

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