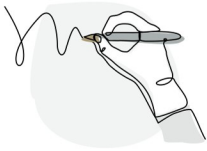


# NARRATIVES

*resource document*



STUDIO.12

## JOURNALING STUDY: QUESTIONS

### WHY QUESTIONS HELP YOU UNDERSTAND:

[THEY SET THE SCENE FOR TELLING THE STORY OF A PROBLEM, OPPORTUNITY, EMOTION]

[EXAMPLE]

WHY DO I FEEL COMPELLED TO DOCUMENT MY 2022 JANUARY INTENTIONS?

WHY DO I WANT TO DOCUMENT MY FAMILY IN A YEARBOOK THIS YEAR?

[YOUR THOUGHTS/ QUESTIONS]

### WHAT IF QUESTIONS HELP YOU IMAGINE POSSIBLE SOLUTIONS AND GET CREATIVE:

[THEY SPARK IDEAS]

[EXAMPLE]

WHAT IF DOCUMENTING MY 2022 INTENTIONS MAKES ME MORE MINDFUL AND HELPS KEEP THEM TOP OF MIND?

WHAT IF DOCUMENTING MY FAMILY YEARBOOK BECOMES A LEGACY FOR MY POSTERITY? WHAT IF IT HELPS MAKE US MORE CONNECTED AS A FAMILY?

[YOUR THOUGHTS/ QUESTIONS]

### HOW QUESTIONS HELP YOU PUT YOUR IDEAS INTO ACTION:

[THEY HELP YOU NARROW IN ON THE BEST IDEAS/STORIES AND IMPLEMENT ACTION]

[EXAMPLE]

HOW COULD I DOCUMENT MY INTENTIONS TO BEST SERVE ME IN KEEPING THEM TOP OF MIND?

HOW COULD I ENGAGE MY FAMILY AND FRIENDS TO GET THEIR VOICES AND INSIGHTS INTO MY FAMILY YEARBOOK?

[YOUR THOUGHTS/ QUESTIONS]