



JOURNAL PROMPT CARDS

Wind Phone prompts are one way to honor grief, love, and your path toward healing. Find a quiet, peaceful space where you can reflect. Maybe a place in nature, beside a Wind Phone, or somewhere that feels safe and still. Read the prompt slowly, allowing the words to settle in. There is no right or wrong answer. You can write words or draw a picture; it is your choice. There are pages within for both. Find additional information and resources at www.mywindphone.com.



@mywindphone



Wind Phone Journal

If I could say one more thing to you it would be...





Wind Phone Journal

I miss the way we use to ...





Wind Phone Journal

My favorite memory is...





Wind Phone Journal

If I could call you, I'd say...





Wind Phone Journal

Today I am feeling...





Wind Phone Journal

I wish you knew that lately I've been...





Wind Phone Journal

If I created a Wind Phone, it would be like ...

