

SAHAR SHAMS

WRITING WORKSHOP

PRE-EXERCISE

ACTIVITY 01

DREAM NOTEBOOK

Instructions:

Place a notebook next to your bed. Each morning, as soon as you wake up, write down anything you remember from your dreams. Even if you feel like you don't dream, commit to writing anyway.

You might be surprised by what comes up!

Prompts:

1. What images, events, or feelings do you remember from your dream?
2. Did any characters or symbols stand out? Describe them.
3. What emotions or sensations stayed with you after waking?

Why This Exercise Matters for Our Workshop:

Our dreams often hold the raw, unfiltered voice of our subconscious mind. They give us access to the parts of ourselves that we don't usually notice in our busy daily lives. By writing your dreams down each morning, you're creating a habit of listening to your inner world. This process helps unlock hidden emotions, symbols, and stories that can become a rich foundation for your creative work.

In the workshop, we'll explore these dream fragments to connect with your inner parts, giving them a voice and transforming them into authentic, meaningful stories.

ACTIVITY 02

END-OF-DAY REFLECTION

Instructions:

Use a notebook at the end of each day to reflect on your inner world. Write down the thoughts, feelings, or desires that stood out to you. Think of it as a way to check in with your inner world—the voices, dreams, and stories.

Why This Exercise Matters for Our Workshop:

Throughout the day, we hear countless thoughts, feelings, and desires running through our minds. These are the voices of your inner parts—each with their unique experiences and perspectives. Reflecting on them at the end of the day helps you become more aware of these voices and what they are trying to tell you.

This practice is essential for the workshop because it helps you arrive with a deeper understanding of yourself. Your reflections will provide a starting point for the stories you'll create, allowing your writing to be grounded, authentic, and emotionally resonant.

By completing these two exercises, you'll not only prepare yourself for the workshop, but you'll also take an important step toward understanding and honoring the unique voices within you.

