

A landscape photograph of a field with trees and a rainbow in a cloudy sky. The scene is bathed in warm, golden light, likely from a low sun, creating a soft glow on the trees and grass. A vibrant rainbow arches across the sky, adding a touch of magic to the scene. The overall mood is peaceful and inspiring.

Weekly Inspirations
for Writers & Creators

Affirmations
Writing Prompts
Inspiration

Jessica Kristie

*Weekly Inspirations
for Writers & Creators*

By Jessica Kristie



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Winter Goose Publishing
45 Lafayette Rd #114
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www.wintergoosepublishing.com
Contact Information: info@wintergoosepublishing.com

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Our creative journey is long and with countless obstacles. Inspiration wanes, passion dips, and drive slows down. What you desire is on the other side of all that stands in your way. Keep going. Do what you can to reignite your passions . . . and keep going. You are worth it.

Week 1

You own approval. You start it, live it, and can be it. No one else is needed for validation. All you need is YOU.

This Week's Affirmation: *I need no approval but my own.*

This Week:

- Remind yourself daily that you are enough.
- Find two things to be proud of and say it out loud.
- Write down the things you are proud of and place them in a visible spot in your home, or by your workspace.

Week 2

There is inspiration in everything. No muse required. Find your freedom from standard inspirational requirements and make your own sun from the moon.

This Week's Affirmation: *I can find inspiration in everything around me. I don't need special circumstances. No muse required.*

This Week:

- Find something in your home that inspires you and take a moment to write about it.
- Find something outside that inspires you and take a moment to write about it. Share it on your blog or in your journal.

Week 3

There is room for everyone. There is no bookshelf too full. Make time for your writing, and people will make room for your words.

This Week's Affirmation: There is room for me. There is no bookshelf too full to hold my words.

This Week:

- Write down goals for your projects (journals, magazines, novels, or any creative project).
- Write down ideas for content.
- Start researching how to submit, create, and enhance your content.

Week 4

Passion is a dance that should not be left alone. Capture it. Bottle it.
Own it every day.

This Week's Affirmation: *I will maintain my passion and build upon it daily.*

This Week:

- Dig deep to understand what creates passion for your writing.
- Write down what you discover is inspiring and ignites your drive.
- Delve into ideas to maintain and create passion at will. Build off of what you discovered this week about yourself.

Week 5

Your stories are your own, built from a place you can nurture and grow.
Water them daily.

This Week's Affirmation: *My stories are mine and mine alone.
I will nurture them by writing daily.*

This Week:

- Take time this week to look at your developing characters. Build on them. Grow them into something powerful.
- If you write about your life and personal stories, review them for impact and power. Will the reader experience the energy and emotion that you did at the time?

Week 6

Patience is a breath that needs to be inhaled often. Fight through the pressure and find a quiet place for renewal.

This Week's Affirmation: *I deserve peace and I will find it through my own patience and quiet breaths.*

This Week:

- Document the things in your life that cause impatience.
- Take time to discover what you can do to detour from this emotion, as it will always hinder inspiration.

Week 7

There are no clocks chasing you. Goals are important but finding your creativity, at your own pace, is more important.

This Week's Affirmation: *My time makes for a better story and a happier me. I will slow down and find joy in this process.*

This Week:

- Don't force yourself to write or create. If you are not feeling it, walk away.
- Use your time to reflect on what is going on in your world that may be causing blocks in your inspiration.

Week 8

Confidence is a key aspect to success. It sits in you and asks you to write, share, and be proud. Grab onto it and make it yours.

This Week's Affirmation: *I have confidence to make things happen and to continue moving forward.*

This Week:

- Find one thing you have not been confident to do, and then do it.
- Write in your journal or blog about the experience.

Week 9

You have the ability to connect with the world around you. There is power in relating to others.

Say This: *I have the courage to reach out and connect with those around me.*

This Week:

- Find the humanity in everyone around you. Use it to fuel your writing and to make connections with those you normally would not. This is good practice for when you are ready to share your work with the world.

Week 10

Your skin is the only shell you will ever have. You are beautiful beneath that skin. Your worth is not reflected from your outside, it beams from the inside.

This Week's Affirmation: *I am beautiful from the inside out.*

This Week:

- Spend at least five minutes in front of the mirror and acknowledge all the beautiful things about you. Say them out loud.
- Tell yourself you are beautiful every day.

Week 11

Contentment is not complacency. Your happiness and peace will bring a greater flow of creativity.

This Weeks Affirmation: *I can have satisfaction with my current situation. It does not mean I am not driven, it just means I am happy.*

This Week:

- Find two things in your life you are happy with, as they are.
- Use this as a writing prompt for your website or journal.

Week 12

Listen. All around you is something to be taken in and played out later through your original style of writing or creative outlet.

This Week's Affirmation: *I will take time today to listen. Not just to those around me, but also to my own needs.*

This Week:

- At least two times this week find a quiet place for a minimum of fifteen minutes to just listen to your thoughts and connect to the quiet around you.
- At least once this week go to a public place and just listen. Find peace in the storm around you. This is a good exercise to build your ability to concentrate even in tough situations.

Week 13

Fear breaks moments. Preventing you from moving closer to, and beyond, intended goals. You are greater than your fears of failures.

This Week's Affirmation: *My success has a greater reach than the perception the world may have. Fear will not prevent my movement forward.*

This Week:

- Be honest with yourself about your fears.
- Write down what you fear. Acknowledging they exist allows for understanding and solutions.
- Next to your fears, write down what steps you can take or practices you can do, to move beyond them.

Week 14

Sales and statistics will NEVER define who you are. They do not make you a good writer, or a bad one. You are more than a number, a sale, or a review.

This Week's Affirmation: *I will not focus on my numbers or reviews.
I will focus on my next page and my next projects.*

This Week:

- Don't look at your sales or reviews at all this week. Shake loose from being a number and feel the freedom of letting go.
- Keep yourself busy by working on your current project or researching your next.

Week 15

Survival mode does not inspire creativity or abundance. There is such a thing as too much. Evaluate your time and make sure you are not using tunnel-vision to guide your sight and make decisions.

This Week's Affirmation: *I do not have to function inside the need for self-preservation. I will enjoy my current situation and not over-do my efforts.*

This Week:

- Make a list of what you are doing to find your desired successful.
- Have an honest evaluation of your free time and your efforts. Is there time for you? If there is not, then you are doing too much.
- Revise your efforts to be more effective. Quality is better than quantity.

Week 16

In success and failure, there is a need to be humble. As difficult as it is to learn when we fall, it is necessary for success in the future. And when we succeed, is the most important time to be gracious and humble.

This Week's Affirmation: *I will learn and adjust when I fall.
I will be humble through all my successes and failures.*

This Week:

- Be grateful for the opportunities you have and have been given.
- Be conscious of your gratitude towards others this week.

Week 17

Be grateful even in the face of rejection. Rejection is often a beautiful gift.

This Week's Affirmation: *There is a meaning behind every NO, I have received. I will move past and find the yes that is waiting for me.*

This Week:

- Write about a time when you have been rejected. Think of where that has led you today. What about the rejection can you be grateful for?

Week 18

You deserve the quiet needed to write—the space needed to flourish.

This Week's Affirmation: *I will make time and a place for my writing and artistic needs.*

This Week:

- Find time each day to have what you need to create. If your life is overly busy, start with ten minutes and build from there.
- Create a space that is free from interruption.
- Set loving boundaries with those in your life. Ask them to respect your requested private time each day.

Week 19

You may feel powerful responses to fear, hurt, disappointment or rejection. A response that you can practice, is silence. You may discover hidden strength in this small action.

This Week's Affirmation: *I can exercise silence and still be strong.*

This Week:

- Remember silence is an option daily as you face your week.
- Attempt to exercise an act of silence when you normally would lash out. This is a great exercise in not responding to reviews.

“Speak when you are angry—and you’ll make the best speech you’ll ever regret.”—Dr. *Laurence J. Peter*

Week 20

There is no *winning*. There is a standard societal term of *winning* that does not need to be an integral part of your life.

This Week's Affirmation: *I will not focus on what the world says winning is. Each day I can win on my own terms.*

This Week:

- Define what *winning* means in your life.
- Each day this week touch on what that day's *win* is.
- Write or blog about your newly found successes.

Week 21

Highs and lows can be tormenting; physically and emotionally exhausting. Taking one day at a time, and each situation with an open mind, can help make things feel less overwhelming.

This Week's Affirmation: *I will not let the little things break me.
They are overall small things to the grand story.*

This Week:

- Acknowledge that the little things are just that, little.
- When things get you down this week, recognize them, grieve for a moment, and then move past it. Don't let the little things have a big effect or ruin your day.

Week 22

When goals are met, and you achieve levels of success big or small, reward yourself. Give yourself credit when credit is due. An accomplishment does not need to be acknowledged by anyone else and you deserve to celebrate.

This Week's Affirmation: *My goals are special and deserving of celebration.*

This Week:

- Take time this week to write about your successes, big or small. Each one deserves attention.
- Use this week to wash those low feelings away and realize that there have been accomplishments in your efforts.

Week 23

Be in tune with your body. It will tell you when it is tired, hungry, hurting or bearing too much stress. Listen when your body is telling you to take a break.

This Week's Affirmation: *I will take time each day to listen to my body and make changes to work at a healthy level.*

This Week:

- Take Breaks! Stretch your arms and legs and move away from your computer, desk, or creative area.
- Take action when your body is asking you to take care of it.

Week 24

Individual style is important, but in other's writings we can learn and grow. Read and take in different styles and genres. There is always something to learn and room to grow.

This Week's Affirmation: *I will take time to read, to be open-minded, and learn through other's words.*

This Week:

- Read at least one new thing from your favorite website, magazine, or blog.
- Pick a new book to read or start the one you have been neglecting.

Week 25

Strength is proven in wading through troubled times, but it is also displayed in asking for help. Don't hesitate to reach out for help if you need it.

This Week's Affirmation: *When I have taken on too much to bear, I will ask for help. I will communicate my needs to lead a healthy life.*

This Week:

- Evaluate your workload and how it is balancing with your sanity.
- Make small adjustments to bring more balance. Ask for help if needed, or remove something unnecessary from your plate.

Week 26

Be gracious in accepting compliments. Say thank you and be proud of the opportunity to share something that has made someone else happy.

This Week's Affirmation: *I deserve to honor my accomplishments and will take compliments graciously and proudly.*

This Week:

- Respond to a compliment this week with a smile and a thank you, whether online or in person.

Week 27

Acknowledging other's accomplishments is also very rewarding. Share the joy someone has given you, it can go a very long way.

This Week's Affirmation: *I will find joy in genuinely complimenting someone else.*

This Week:

- Leave a review for someone's book you have read and enjoyed.
- Compliment someone in your life today. Try making this an ongoing habit and offer a compliment at least once a week.

Week 28

Write in a blog or journal to keep your inspirations moving. Our craft needs to be in motion and always in practice.

This Week's Affirmation: *I will keep my pen moving as often as I can. Inspiration comes from keeping my instrument sharp.*

This Week:

- Start a blog or journal. You can make a blog private if you are not ready to share with the world.
- Write at least once a week with a goal of three times per week, in some form or another.

Week 29

Your quality is a direct reflection on you. You are worth taking the time to create and put out the best work you possibly can. Take the time, spend the effort, and put your best work out to the public. You are worth it.

This Week's Affirmation: *I am worth the time and effort I put into my writing, my work, and my daily life. I will always put my best foot forward.*

This Week:

- Depending on your goals; find a beta reading group, trusted editor, and others that will support you in going through your work.
- Spend quality time. Don't rush just to get something out to the public. Put everything through its proper process of editing and revisions.

Week 30

We all have an original voice. The way of speaking, writing, molding sentences together, is all unique. It can take time to find the way that clicks and flows. Once you find that, everything will come together naturally.

This Week's Affirmation: *I will relax, concentrate, and try new things so I can find my unique and special voice.*

This Week:

- Try at least one new style of writing.
- Find a new book with a style completely different than your own.

Week 31

Failing at one thing does not mean you have failed at everything. It can be easier to wallow in hurt than to rise up and turn failure into a learning experience. You are stronger than your failures.

This Weeks Affirmation: *There is more to me than the moments when I don't succeed. I am bigger than the size of my failures.*

This Week:

- Face your failures head-on. Use them to discover what went wrong. A failure is only a loss when we chose to learn nothing from the experience.

Week 32

Life's burdens can drain you of energy. Lack of energy can lead to depression and disinterest in normal daily functions. Stay rested, positive, and moving forward.

This Week's Affirmation: *I will stay inspired through rest and nutrition. I will focus on maintaining my positive energy through all life's burdens.*

This Week:

- Spend time in meditation or prayer to stay focused on the positive.
- If you are lacking in energy, take more breaks, get fresh air, or even take a nap.

Week 33

Write what you know and enjoy reading. Don't set yourself up to fail by writing historical fiction when you write children's books, without researching, preparing and finding mentors to help you with the transition.

This Week's Affirmation: *I strive for excellence in all I do. I will spend the time learning and growing to fit my interests and skills.*

This Week:

- Start reading a new book from a genre in which you are interested in writing.
- Research genres in which you'd like to write before beginning. Each genre has a very different readership, take the time to get to know that readership.

Week 34

Your twenty-four-hour day is a gift. That is all you have to work with, so make it count. Your time is precious and should be valued.

This Week's Affirmation: *I value my time as much as I value other's time. I count each moment as precious, and a gift.*

This Week:

- Thank someone for their time this week! It is valuable and should always be appreciated.
- Monitor your time for at least one day. Tune-in to the places where adjustments need to be made for balance and make note of others that may not value your time.

Week 35

Step outside your fear and dream big. Push aside the limitations and adversity that box you in. Be smart but follow your heart.

There is always a way.

This Week's Affirmation: *I will listen with caution to my head and my heart. I will push aside fear, and take steps toward my dreams.*

This Week:

- Acknowledge your dreams. Spend time visualizing your life inside that dream.
- Draw a map from your today to your dream for tomorrow. What stands in your way? How can you bring your dreams into your reality?

Week 36

Don't be selfish with your joy, your hope, or your magic.
Share it with the world.

This Week's Affirmation: *My joy is important enough to share.*

This Week:

- Write in a blog post or in your journal about a recent joy you have experienced.
- Each day revel in gratitude for your joys, big and small.

Week 37

Your interaction with your readers or the creative community is a reflection on you and your success. You are better than a bad comment or review.

This Week's Affirmation: *I am worth so much more than the negativity that surrounds me. I will always rise above and react only with grace.*

This Week:

- Pause before reacting to any negativity.
- Practice taking the high road, which can often mean, to remain silent.

Week 38

Being connected to, and supportive of others is a road to happiness and inspiration. Joy can be accomplished not only by our own successes but by encouraging and supporting the success of others.

This Week's Affirmation: *I will find joy in supporting others' triumphs and in helping them reach their goals.*

This Week:

- Find a community (writer's group, forums, social media) that you feel safe to be involved in. Communities online, or in person, are a great resource for support.
- Give some additional encouragement and praise to special people in your life.

Week 39

Not everything you write needs to be shared with the world. Don't hold back your intimate emotions, fears, and needs because it is not right for public viewing. Write because your emotions are calling you to. Write because it is a need, and it leads to a greater healing, and understanding of this life.

This Week's Affirmation: *I will write for me first.*

This Week:

- Practice writing in private and for private. Pen things you never intend to post to the world. Be honest with yourself and be in awe of what you learn.

Week 40

Be in the moment. You are capable of tuning-in to what is happening right now. The journey is far more important than the end result, and you will find much more joy in appreciating each day.

This Week's Affirmation: *My eyes will remain on today's beautiful journey and I will be present in each moment.*

This Week:

- Turn your focus to right now.
- Practice being present and not distracted by phones, television, or the internet.
- Acknowledge each moment and feel yourself fall easier into being present each day.

Week 41

It is okay to grieve. Letting negativity roll off of you is not always possible. We hurt, therefore affirming our humanity. Give yourself time to feel what has happened so that you can more easily find a way to move past your pain.

This Week's Affirmation: *I will not ignore my pain. I deserve the moments I need to grieve or feel hurt.*

This Week:

- Give yourself a break. You can't be strong all the time, and that is okay.

Week 42

Having someone tell you things that could be improved can be a humbling experience, especially if that criticism was not constructive. There is something good that can come from these learning moments, even if we have to dig in the dirt to find it.

This Week's Affirmation: *I will not be afraid to get dirty digging for growth. My growth is more important than my hurt ego.*

This Week:

- Work hard at recognizing your learning moments. Pause before reacting, and even if it is only upon reflection that you learn, pride yourself in taking that step forward to making important changes.

Week 43

Uninhibited writing can grow the writing spirit. It breaks down barriers that we may not have known we had.

This Week's Affirmation: *Walls will not block my creativity. I will create with no boundaries.*

This Week:

- Practice free-flow writing. At least once this week write with your stream of consciousness. Don't fix mistakes or censor yourself, just write.

Week 44

Writing or creating in any art form is often encouraged by prompts. Get in the habit of encouraging others through prompts. You will be surprised how it will also inspire you.

This Week's Affirmation: *Each day I will focus on others' encouragement, and in the process, be inspired.*

This Week:

- Offer up at least one prompt through your blog or social media.
- Take time to read what creations come out of the prompt and comment on the efforts of others.
- Be encouraged by encouraging others. We do not move forward on our own, there is always someone else that has affected us. Pass that positivity on.

Week 45

Maintain intimacy with others. You deserve to be listened to and have a place to turn when you are struggling. Friends, family, coaches, and mentors are wonderful sources of support.

This Week's Affirmation: *I am deserving of strong intimate relationships with others. I will reach out when I need to, and consistently grow my current relationships.*

This Week:

- A great way to maintain intimacy is to write a letter. Find someone in your life who you want to build a better relationship with and write them a letter.
- Thank them for their friendship and offer your support. Strong relationships are best when they go both ways. Be willing to listen just as much as you are willing to reach out.

Week 46

Without honesty we open ourselves up to increased cruelty. It is a disservice to our own abilities if we do not acknowledge when something is not working. It does not mean we quit; it means we change direction and try again.

This Week's Affirmation: *I will first and foremost be honest with myself. I am the captain of this ship and I alone make the decisions on the direction I sail.*

This Week:

- Define what being honest with yourself means. To each person that process is different.
- Use your blog or journal to help nurture that process.

Week 47

Live only in your light and not in the shadow of others. This doesn't mean that you need to always be the center of attention, or the most successful person in your group. It means that you are unique. Your life should not be spent being jealous, or by standing behind someone else.

This Week's Affirmation: *I will be happy inside my own light and share my joy.*

This Week:

- What shadows do you fall under? Have a look around and see where you are falling short in spreading your joy.

Special Note: Walking in others' shadows does not refer to being in the background or in support positions when you are okay with your situation. It refers to self-deprecating and defeatist attitudes. It refers to jealousy and things that bind and prevent joy and success. *We put ourselves in shadows, no one else does.*

Week 48

Every life situation is different. Every journey is of its own design. Don't compare your life to others' and always have respect for the journey taken.

This Week's Affirmation: *I will recognize and enjoy the journey,
and the gifts in my life.*

This Week:

- Even though you have heard it a million times—*I am grateful for my health*—there is true reason to be. Find things such as your health to count as blessings and gifts.

Week 49

Unless you love what you do, you will never find freedom in your work. You do not have to love each aspect or every part of your job, but it is absolutely necessary to find glimpses of joy in every day.

This Week's Affirmation: *I will find the little bits of love that make up my work and responsibilities. On these things I will focus.*

This Week:

- Love what you do. If you are not in love with your job then add things to your day that you do love. This is where you can thrive with your creativity. The possibilities are endless when it comes to art, music, and creativity. Make your own magic and learn to love each day.

Week 50

With creativity, can come isolation. Barricading yourself in your own world will come back to haunt you with loss of connections, and ultimately, feelings of loneliness.

This Week's Affirmation: *I will keep my connections strong while still finding time for my creations.*

This Week:

- Reach out to someone you miss.

Week 51

Family first. Whatever family means to you, embrace it. Without a true balance in your everyday life, there is loss in the long run. Be aware of the feelings of those around you and exercise compromise in doing things for you.

This Week's Affirmation: *My alone-time and creativity-time is extremely important, but so is my family. I am needed, loved, and will put my family first.*

This Week:

- Spend time with your family or friends. Break away from the monotony and tediousness that can consume your world.

Week 52

Believe in yourself because you can't expect anyone else to. Ultimately, you are responsible for your own journey and joys. The choice is yours to break bonds and tear down walls. Make the decision to bring happiness into your life and keep it there.

This Week Affirmation: *I am unique, talented, beautiful, and courageous. I can make change. I am the captain of this ship and I will sail it in the right direction.*

This Week:

- Take responsibility for your life and take charge.
- Acknowledge your unique ability to affect change in your own life, and also in those around you.
- Make change where change is needed.

This is a new day. Make it something special.

About the Author



Jessica Kristie is a Transformational Coach, change maker, and award-winning author. Born and raised in the San Francisco Bay Area, Jessica discovered her passion for writing as a child. Along with her creative side, she is an entrepreneur and avid supporter of creativity. Her writing is often inspired by her own stories and her desire to understand the human condition. Jessica focuses on her purpose by working with others to discover healing through self-love and writing.

Jessica currently lives in New Hampshire with her two younger children, two cats, and George the Frenchie.

Follow Jessica and her poetry and projects on her [website](#), [Facebook](#) and [Twitter](#).