



LIST POETRY

Read the following instructions and then set a timer for 30 minutes to write your poem.

Step 1: Choose one or more of the prompts provided to you by your coach

Step 2: Free-write a list of things that fit into the category/prompt for YOU.

Approach this like you would a brainstorming session. Don't worry too much about how/if every item you write fits into, or connects with the prompt, just go with it.

If it pops into your mind - write it down. When you think you are done, write 2 more things for your list. Allow yourself to take 10 of your 30 minutes for this step.

Step 3: Next, zoom out and take a look at the list you've created.

See how you can shape it into a poem or story by listing things in certain orders or choosing specific phrasing.

Whatever you like! If you get stuck, you can refer to the example poem below or ask them your coach to partner with you a bit.

Examples

Prompts

- 4 things my heart needs to heal
- 7 things my heart will hold on to
- 8 things I want my heart to give to the world

Four Things My Heart Needs to Heal

(Poem by Jami Taylor)

1. Learning wisdom from Mother Earth.
2. Being heard in my own wisdom.

3. Getting my hands & feet in dirt.
4. Herbs and oils for making potions.

My Heart

(Poem by Megan Gilmore)

What if love wasn't loaned out?
If it didn't need to be paid back,
Accounted for - Reported on
My heart, just full of free love.

If my heart were full of free love,
It would be healing, holding and hoping.

Healing.
with the earth at my feet and in my fingertips
with the water outside of me harmonizing it's rushing flow with that of my pumping blood
and coursing spirit
with space for my breath, so much space for this story to make sense

Holding.
that I am BOTH AND
Both water and fire
Breath and flesh
Being and doing
Expert and learning
Oppressed and oppressor
Protected and vulnerable
Wounded and healed

Hoping.
for rhythm and wave and connection that opens our eyes and our ears to a God that is
bigger than wrath and justice
for fulfillment and flourishing
for mended DNA and collective generational healing
for a way forward that does not transmit, hide or fear pain
but transforms it into new life.

I am.
Healing.
Holding.
Hoping.