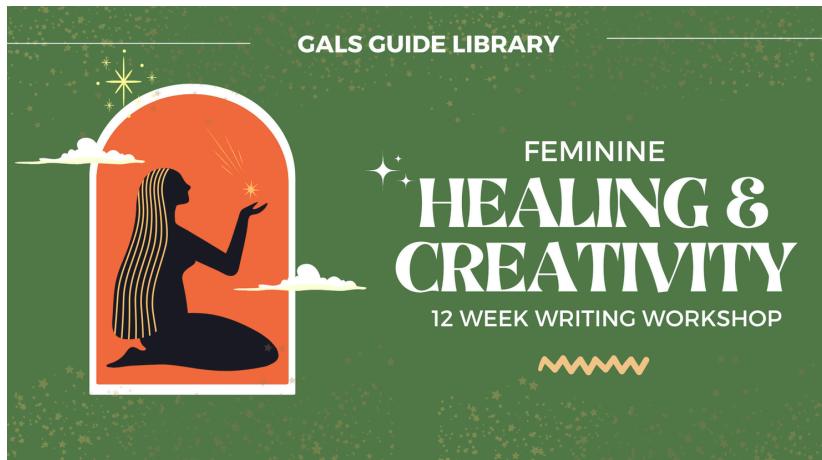


Digital Welcome Kit

**FEMININE
Healing &
Creativity**



**Presented and funded by Gal's Guide
Led by Leah “Riwo” Leach**

Email: 42@galsguide.org
Website: galsguide.org





Hello Lovely Writers,

Welcome to Feminine Healing and Creativity. I am so thrilled to have each of you here, embarking on this transformative journey together. This class is not just about writing; it's about healing the feminine spirit within us, nurturing it so that our creativity can truly flourish. As your teacher, I want to acknowledge that our time together may bring up some hard, emotional moments. It's in these moments of vulnerability that we will find the strength to grow, to heal, and to uncover the depths of our creative potential.

Writing is a powerful tool for healing, but it can also be challenging. As we delve into the complexities of our experiences, we may encounter wounds that we thought were long healed, or perhaps discover ones we didn't even know existed. It's important to remember that this is all part of the process. Healing is not linear, and neither is creativity. But it's through this process that we find our authentic voices, the voices that have been waiting to be heard.

We do the hard stuff so we can write.

This class is a safe space for you to explore, express, and evolve. I encourage you to lean into the discomfort, knowing that you are not alone. We are here to support one another, to listen without judgment, and to celebrate each step of progress, no matter how small it may seem. My hope is that by the end of this journey, each of you will not only have reached your writing goals but will also have experienced a profound sense of personal healing and growth.

Let's create something beautiful together.

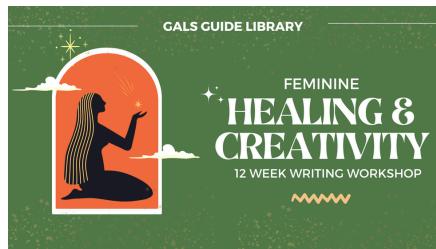
Books & Love,

FEMININE Healing & Creativity

LIVE SCHEDULE

WEDNESDAYS 8PM EST

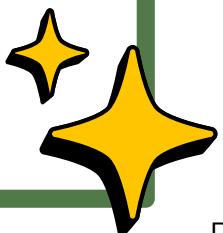
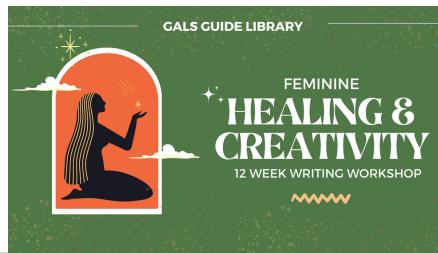
- Jan 7** Reasons to write, Mother Castle Ingredients
- Jan 14** Mother Castle Ingredients & Mother Castle meditation
- Jan 21** Empathy Room
- Jan 28** Abandonment Room
- Feb 4** Vulnerable Room
- Feb 11** Confidence Room
- Feb 18** Problem Solver's Room
- Feb 25** It Takes a Village Room & rules of critique
- Mar 4** Union of Opposites Room & writing feedback
- Mar 11** Evolution Room & writing feedback
- Mar 18** Hard Working Garden & rewriting time
- Mar 25** Leave the Castle meditation & rewriting
- Mar 31** Deadline for the Gal's Guide Anthology



FEMININE Healing & Creativity

SELF LED CHECKLIST

- Reasons to write, Mother Castle Ingredients
- Mother Castle Ingredients & Mother Castle meditation
- Empathy Room
- Abandonment Room
- Vulnerable Room
- Confidence Room
- Problem Solvers Room
- It Takes A Village Room & rules for critique
- Union of Opposites Room & feedback
- Evolution Room & feedback
- Hardworking Garden & rewriting time
- Leave the Castle meditation & rewriting



Writing Prompts

Healing Questions

- I am thankful for this person...
- I am thankful for this place...
- I am thankful for this experience...
- I am thankful for this mistake...
- Charlotte Joko Beck has a theory that most of our suffering comes from feelings of worthlessness. How do you overcome your feelings of worthlessness?
- How can you show compassion to the aspects of yourself that you dislike? What wisdom can you find in those aspects?
- How are the experiences that you had as a child still affecting you today? What can you leave in the past and what do you still need to heal?
- Do you put your happiness and well-being last? Why do you put aside your own well-being and needs?
- What do you like most about yourself?
- What is something you wish more people knew about you?
- When does your authentic self come out?
- How does fear affect your decisions?
- What do you try to avoid? Why? Are there certain emotions attached to these things you don't want to experience?
- How would it feel if everything on your to-do list was already done?
- What would you do if you had no fear?
- What would you do if money was no object?
- How would it feel to let go of self-sabotage?
- What are 10 ways you've changed in your adult years?
- How well do you handle change? Why do you think this is?
- How does anger impact your life?
- How do you speak to yourself when you're angry with yourself?
- Is there wisdom in your anger?

More Healing Questions

- How much space does sadness take up in your life?
- How do you talk to yourself when you are feeling sad?
- What hurt are you still holding on to? What emotions are connected with what you're holding onto? How would it feel to let it go?
- Write yourself a love letter. Say all the things you need to hear. Be compassionate to yourself. Explore the best parts. Celebrate your worth.
- What do you feel is at the root of your feelings of jealousy?
- How would your life look if you shifted your jealousy into kindness?
- What makes you feel the happiest?
- Imagine a place where you feel happy and grounded. Write about it with as much detail as possible.
- How can you bring more happiness into your daily life?
- Reflect on your life experiences so far. What have been the defining moments or turning points? How did they make you feel? How did they shape who you are today?
- Do you feel comfortable taking up space or do you prefer to shrink a hideaway? What positive things could happen if you took up space and let your voice be heard?
- How does it feel to be heard?
- What have you been holding inside that still needs to be released?
- What or who are you still grieving?
- Take the day to listen to your self-talk. Write about your reflections. Were you kind to yourself? Were you hypercritical? Did your self-talk sound like someone else whose judgment you fear?
- Write out all your anxious thoughts on a piece of paper. Once you have gotten it all out, rip up the paper into tiny pieces and throw them in the trash.
- What are 3 good things that happened today?

Writing Prompts

Creative Questions

- Write about a place that makes you feel safe. How does this space influence your creativity and sense of self?
- What would you do if you had no fear?
- What would you do if money was no object?
- Imagine your life as a garden. What is growing there? What needs to be pruned or nurtured to allow your creativity to flourish?
- Write about a time when you felt a spark of inspiration. Where were you? What were you doing?
- I want to cultivate...
- What are your favorite things?
- Write about a person who has deeply influenced your creativity. What lessons did you learn from them, and how do they continue to inspire you?
- What are things from your childhood that you loved to do but don't do anymore? Could you reinvent or reclaim that activity?
- What are the ingredients that when baked together create your creativity?
- What emotions do you stuff down? What would they look like expressed on paper?
- What types of things do you like to create?
- Describe how you feel when you are in the flow of the creative process...
- Find the beauty in the mundane. Write about something that is beautiful but you might have missed it, like a flower blooming out of the sidewalk or a bird in a birdbath.
- What does growth look like? Sound like? Feel like? Create something that embodies "growth".
- You've done amazing things in this workshop. Give yourself a reward. What would the best reward look like? A medal, a trophy, a certificate, an awards dinner in front of your friends, a trip to the spa, or something else?

PERMISSION TO FEEL YOUR FEELINGS

Granted to _____

You are hereby officially granted **COMPLETE
FREEDOM** to experience and express the full range of your emotions. This includes

- ✓ Fear
- ✓ Grief
- ✓ Joy
- ✓ Desire
- ✓ Despair
- ✓ Hope

and any emotions that might seem messy, inconvenient, unpleasant, over-the-top, ever-changing, inexplicable, or silly.

YOU ARE A FABULOUS HUMAN, AND YOU
HAVE THE RIGHT TO FEEL ALL YOUR
FEELS!



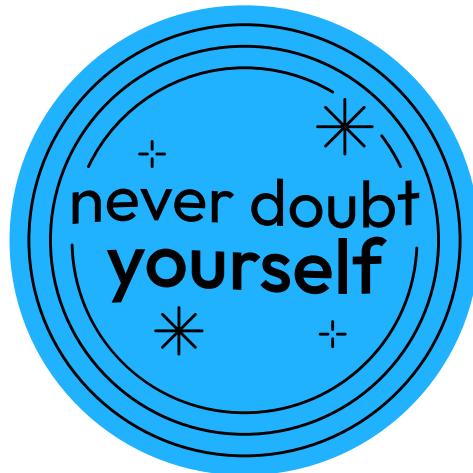
Leah

Signed

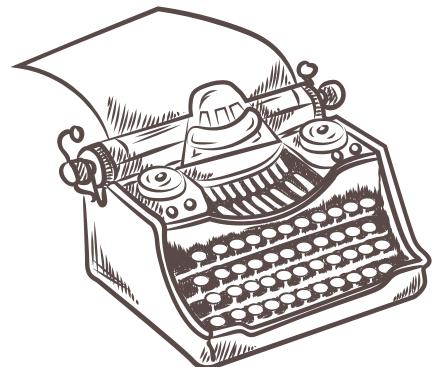
Date 1/7/26

STICKERS

Print on sticker paper
and cut out



do it for you!



OVERCOME
THE
IMPOSSIBLE

LITTLE STEPS
MATTER

PATIENCE
with my
GROWTH



you're doing great!



INSPIRE
OTHERS



IF NOT,
NOW OR
WHEN?



Good Vibes

live
your
dream.

For
all
women
kind

Empowered
Women
Empower
Women

