KATTI JISUK SEO

COACHING LIFE. BUSINESS. WRITING.

SF-INSPIRED

CREATIVE WRITING

FOR MENTAL WELLBEING

WWW.KATTIJISUK.COM/solworld

SF CREATIVE WRITING

TO NOURISH MENTAL WELLNESS.

TO CRAFT POETIC WORKS.

TO USE WITH CLIENTS.

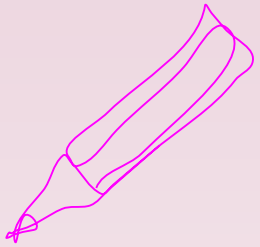
GUIDELINES

YOUR PAPER IS YOUR SECRET SPACE.

WRITE IN A STREAM OF CONSCIOUSNESS.

REPHRASE THE PROMPT IF NEEDED.

PROMPT 1
SOUNDCOLLAGE I 5 MIN



Think back over the past few days or weeks. Collect a few sounds you enjoy when you replay them in your mind. Maybe it's something small, like the fizz of a bottle opening. Or something bigger, like someone's laughter, or something huge like a concert that gave you goosebumps.

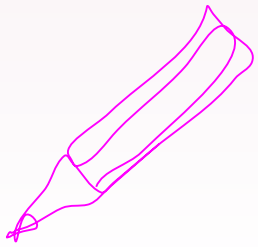
You can list a whole collage of comforting sounds, small everyday noises, or meaningful melodies.

Or you can zoom in on just one—and follow what it brings up: sensations, images, memories, or shifts in your body.

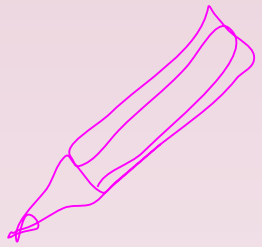
PROMPT 2
A MOMENT OF WONDER I 7 MIN

Think of a moment when you felt a sense of wonder, when you were in awe. Maybe it was something seemingly small like the way sunlight hit a window or something huge like a miraculous scuba dive.

You might describe:
-- visual details, colours, types of light
-- sounds
-- scents
-- flavours
-- textures
-- vibe, mood, feel



PROMPT 3
WOW, I DID THAT I 5 MIN



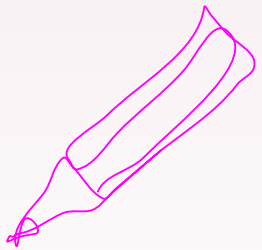
Think of something you did recently that you can feel proud or pleased about. It might be something seemingly small—like taking out the trash on a tough day. Or something bigger—like supporting a friend or climbing a mountain.

Now revisit that feeling of quiet pride or satisfaction:
– where in your body did you feel it
– what thoughts and feelings passed through you
– what colors or light you associate with that moment
– any sounds or background noises you remember
– any taste or scent in the air
– what this moment tells you about yourself—or about life

PROMPT 4
YOUR PREFERRED FUTURE SELF I 3 MIN

Reflect on the moments and places you explored in the last three prompts. Which version of yourself surfaced in these moments that you'd love to see grow?

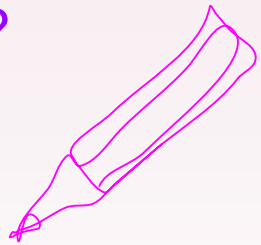
Give the version a name.



PROMPT 5
MOVIE TRAILER I 9 MIN

Picture yourself in an open-air cinema. The screen starts to flicker. Oh wow—a movie trailer of your near future is playing! That version of you is showing up in the scenes of your near future, making life a little easier, a little more wonderful.

What do you notice about movie-you that pleases you?
– How do they move and interact with the world?
– What do they say, do, and radiate?
– What micro-moments do they thrive in?

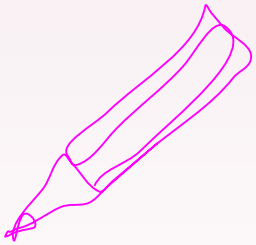


You can keep it broad, or tie it to a specific challenge you're facing.
Let your imagination surprise you.

PROMPT 6
MOVIE TRAILER I 7 MIN

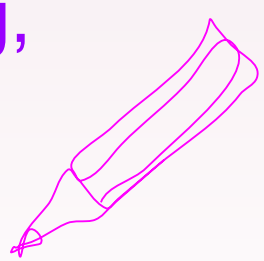
Now, imagine you step into your movie self—the version of you that you just saw on the screen in a scene that especially attracts you right now.

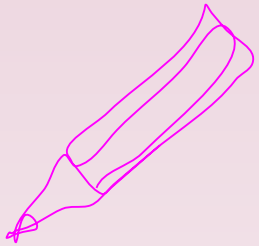
How do your body and mind let you know that you are that version?
What do you
-- see
-- hear
-- smell
-- taste
-- touch
as that version?



PROMPT 7
WHAT'S ALREADY HERE I 5 MIN

Now, take a few minutes to reflect on your life as it is right now. What are 1-5 clues that show you're already moving toward that version of yourself? What might even be glimpses of that version of yourself that you're already experiencing in your current life? These clues can be small or big, obvious or subtle.





CLOSING REFLECTION
MENTAL WELLBEING TAKEAWAY I 3 MIN

Pick one thing that appeared in your writing today that you'd want to recall during tough times. Be it a certain light, a precious moment, a calming person – something that feels like an inner refuge you can mentally retreat to.

BATHE IN YOUR INNER REFUGE

DISCUSS, LEARN, IMPLEMENT

What has surprised you in this writing session?
Want to share a writing snippet?*
What has worked well for you?
What struck you as Solution-Focused?
What might you implement in your (work) life?
What questions are alive in you right now?

**only share what you feel comfortable with*

KATTI JISUK SEO

COACHING LIFE. BUSINESS. WRITING.

THANK YOU!

GET IN TOUCH

WWW.KATTIJISUK.COM

MAIL@KATTIJISUK.COM

IG @KATTIJISUK_COACHING

IG @KATTIJISUK_WRITING

+49 177 720 3395