



Visual Prompts

for
journaling,
imagining,
or just
thinking about
the world
in a
different way

Joyce Wycoff
connecting through art

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What would
you dream on
this street?

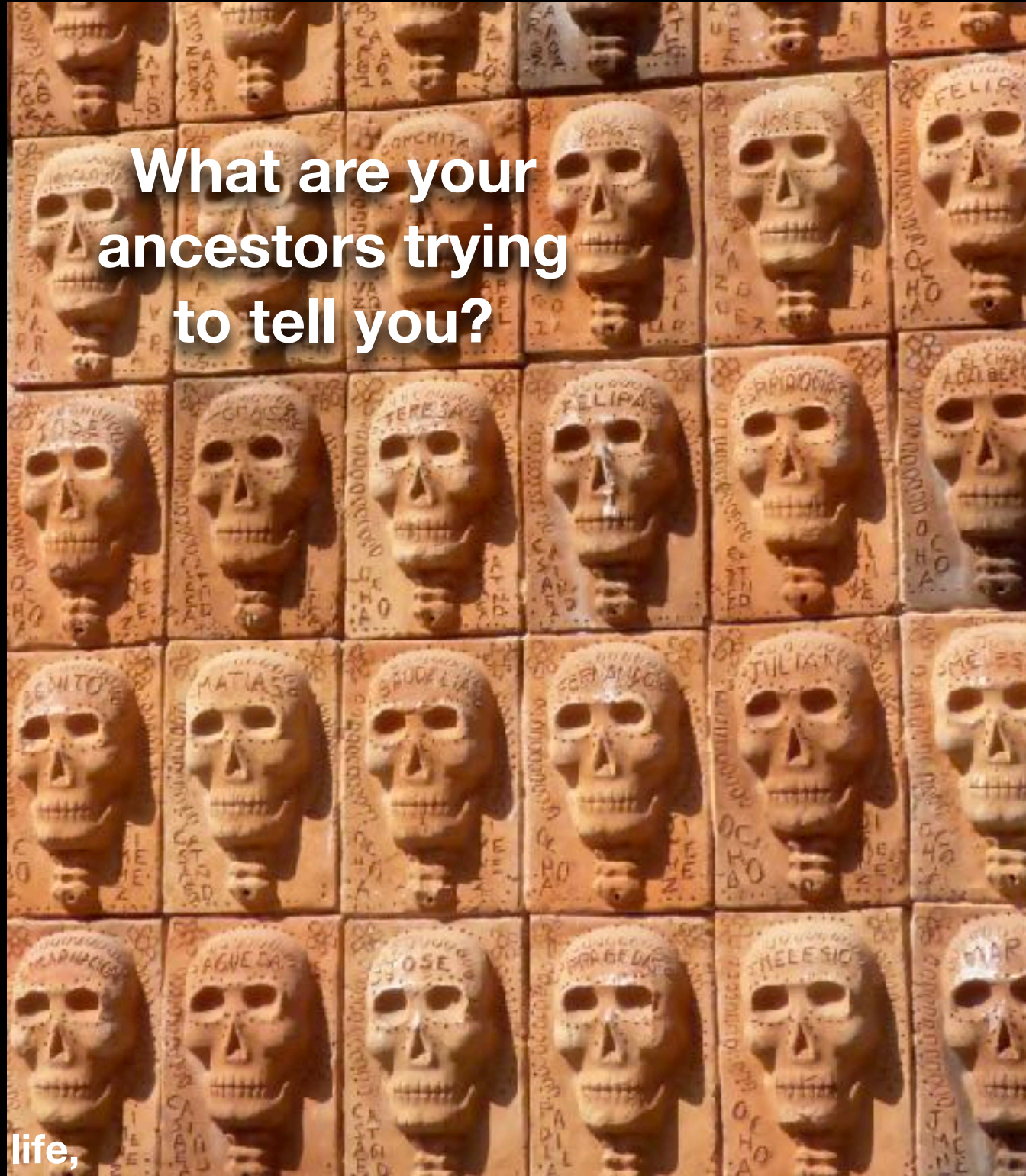
"Color is the melody of light."
-- Joyce Wycoff



Where do
flower
spirits go
when they
fall?

"Joy isn't a magical fairy dust
that comes to us if we're lucky.
It's what we find all around us
when we open our eyes,
our heart, our spirit."
-- Joyce Wycoff

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**What are your
ancestors trying
to tell you?**

**"A day when
we have not celebrated life,
joyously and gloriously,
is a day given over to death."**

-- Joyce Wycoff

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**What is the
Goddess
wishing for you?**

**"From the questions
come the answers."
-- Joyce Wycoff**

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**What
dreams
might
come?**



**"Life is a story ...
make it up.
Tell it your way."
-- Joyce Wycoff**



What conversations
might you have
with this traveler?

"Life gives us details...
imagination gives them wings."
-- Joyce Wycoff

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What do your monsters want from you?



**"You cannot undo the past.
You can only learn from it
and grow toward a better future."
-- Joyce Wycoff**

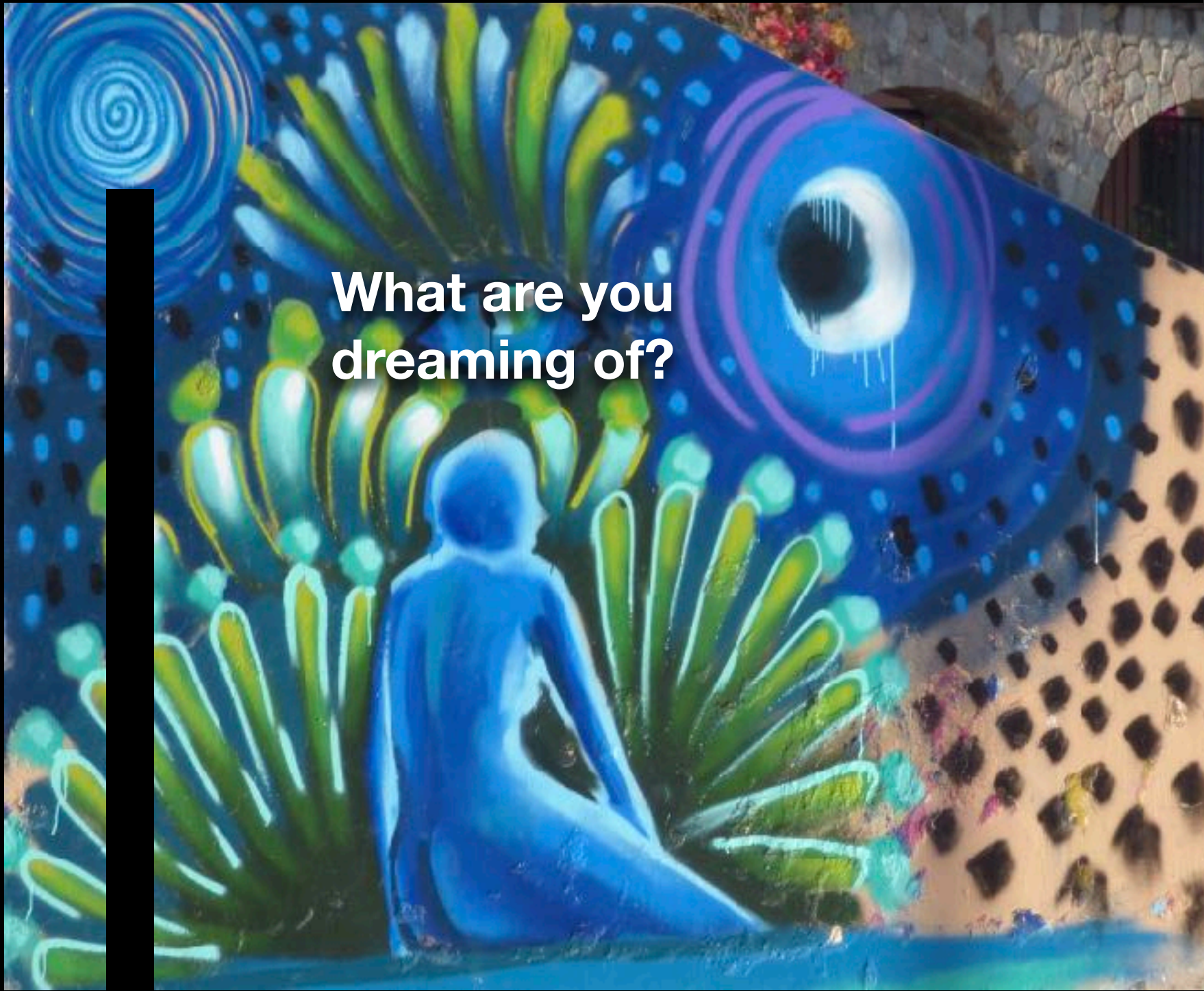
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**What part
of you
wants to
dance
free?**



**"Life is a story ...
make it up.
Tell it your way."
-- Joyce Wycoff**

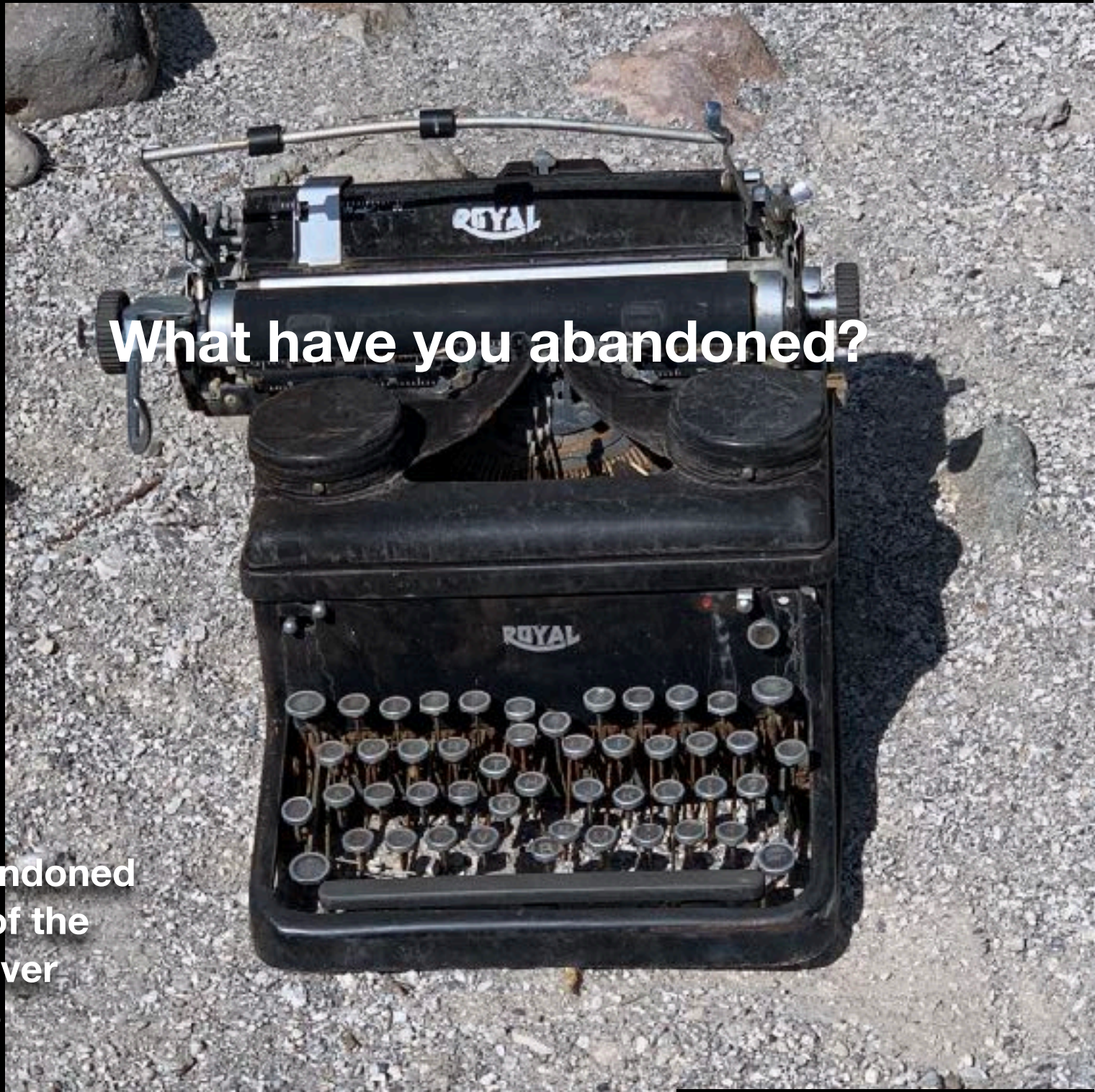
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**What are you
dreaming of?**

**"Looking only on the bright side
blinds you to the moments
which soften your heart
and build new resilience."
-- Joyce Wycoff**

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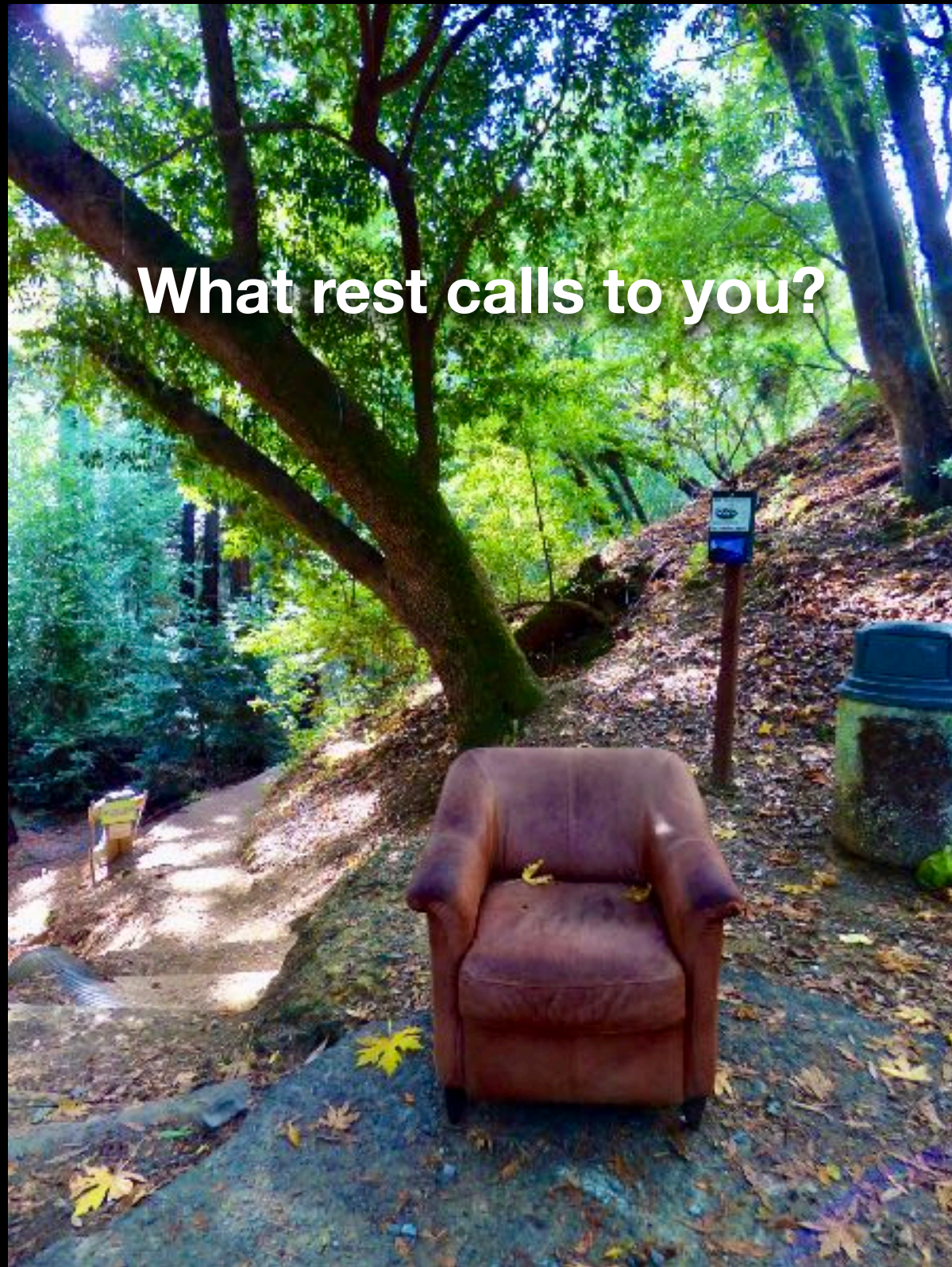
What have you abandoned?

**Typewriter abandoned
by the side of the
Truckee River
in Reno**

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What rest calls to you?

**Easy chair found on
a moderate hike.**



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What wants to break free?



**"Love opens us.
Pain deepens us.
Courage strengthens us.
Joy enlightens us.
Beauty renews us."
-- Joyce Wycoff**

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What part of you has been lost?



**Found
in the
street in
Ajijic, Mexico**

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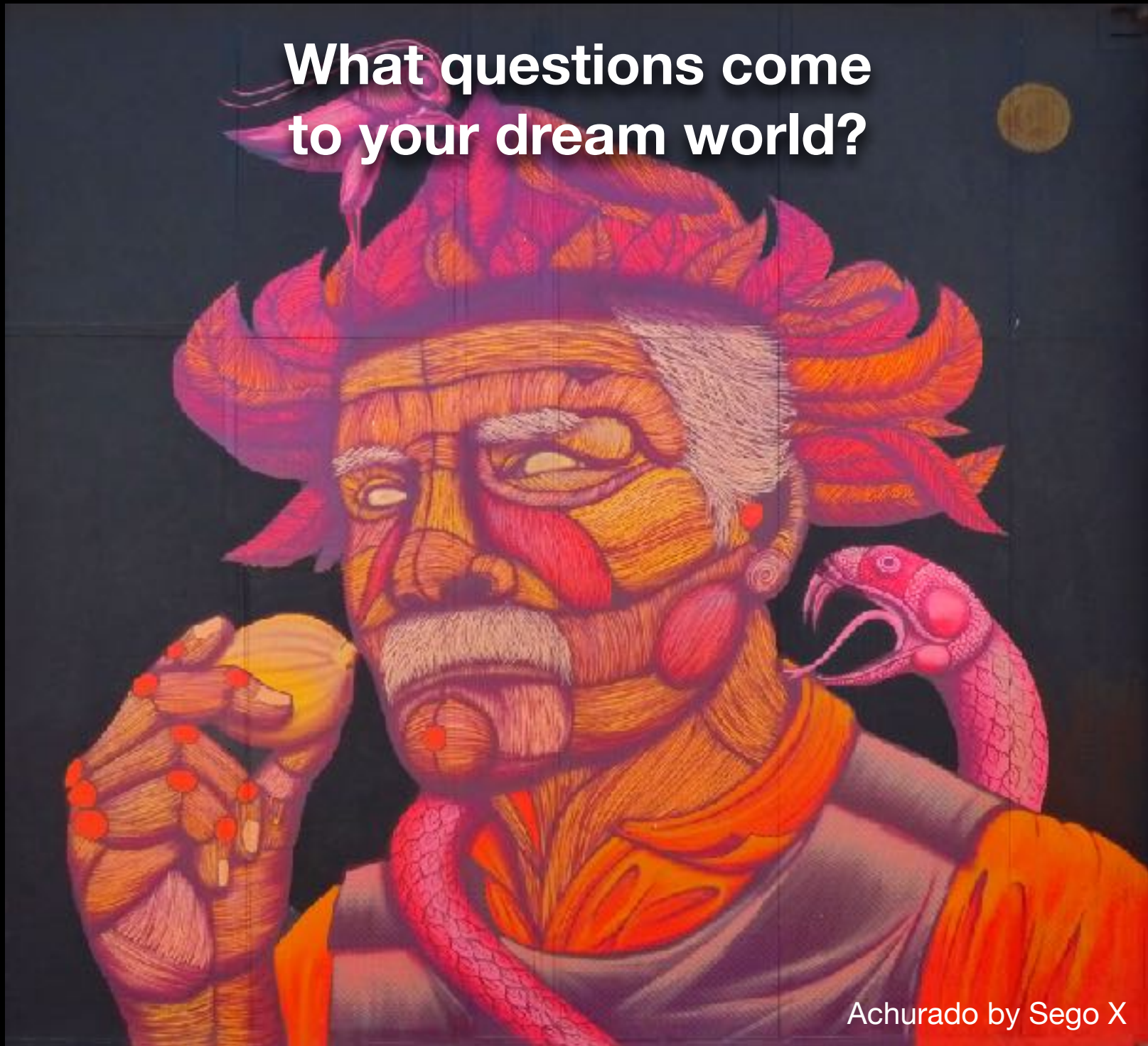


When do you find yourself in wonder?

**"Beauty is not a luxury,
nor an art.
It is the soul's breath of life."
-- Joyce Wycoff**

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**What questions come
to your dream world?**



Achurado by Segó X

**"Most miracles happen
when you reach out
and touch the world."
-- Joyce Wycoff**

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What grace is there in death?

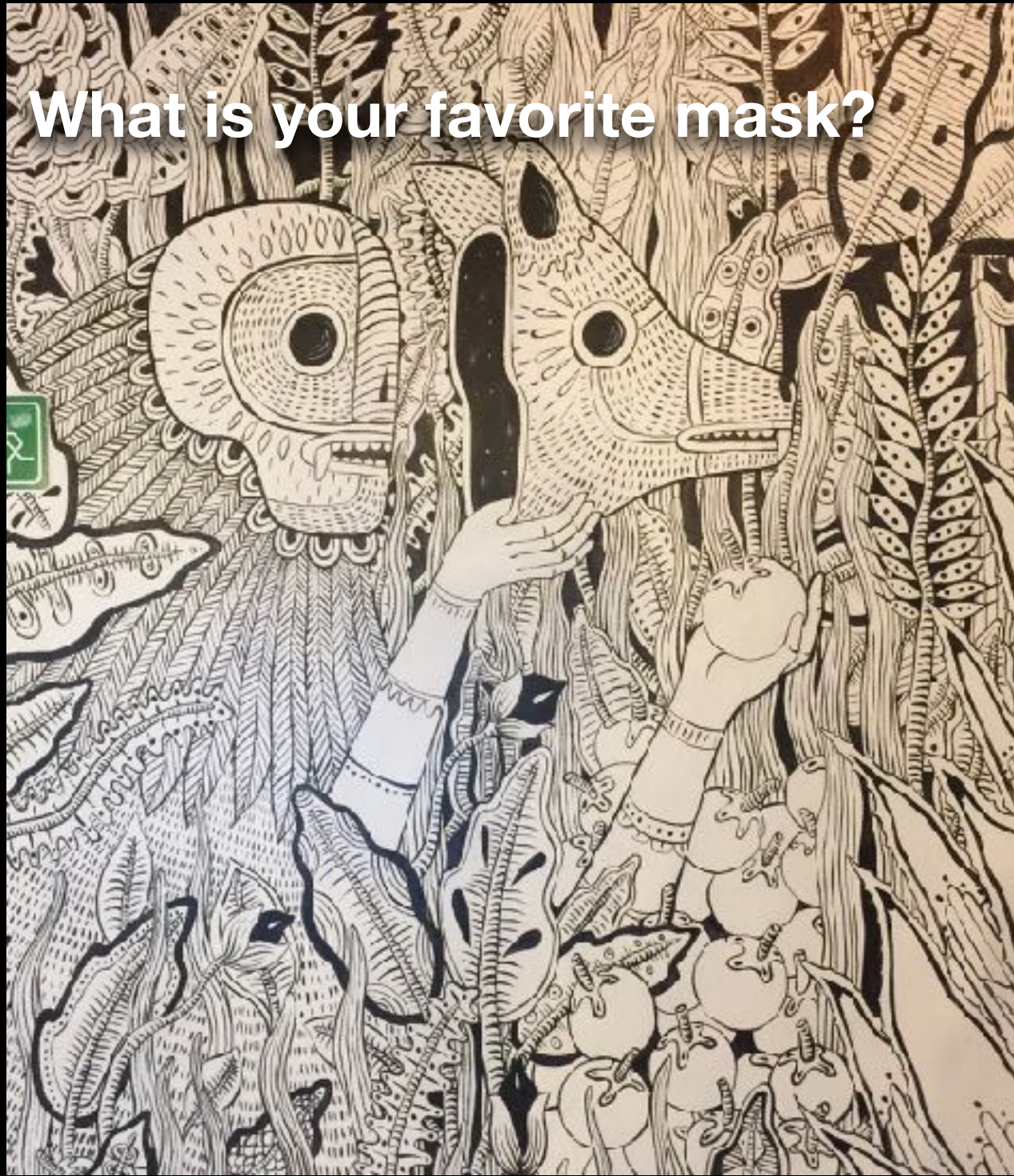


**"Growth comes with goodbyes:
goodbyes to old selves, old habits,
old beliefs, and, sometimes,
old friends, and places."**

-- Joyce Wycoff

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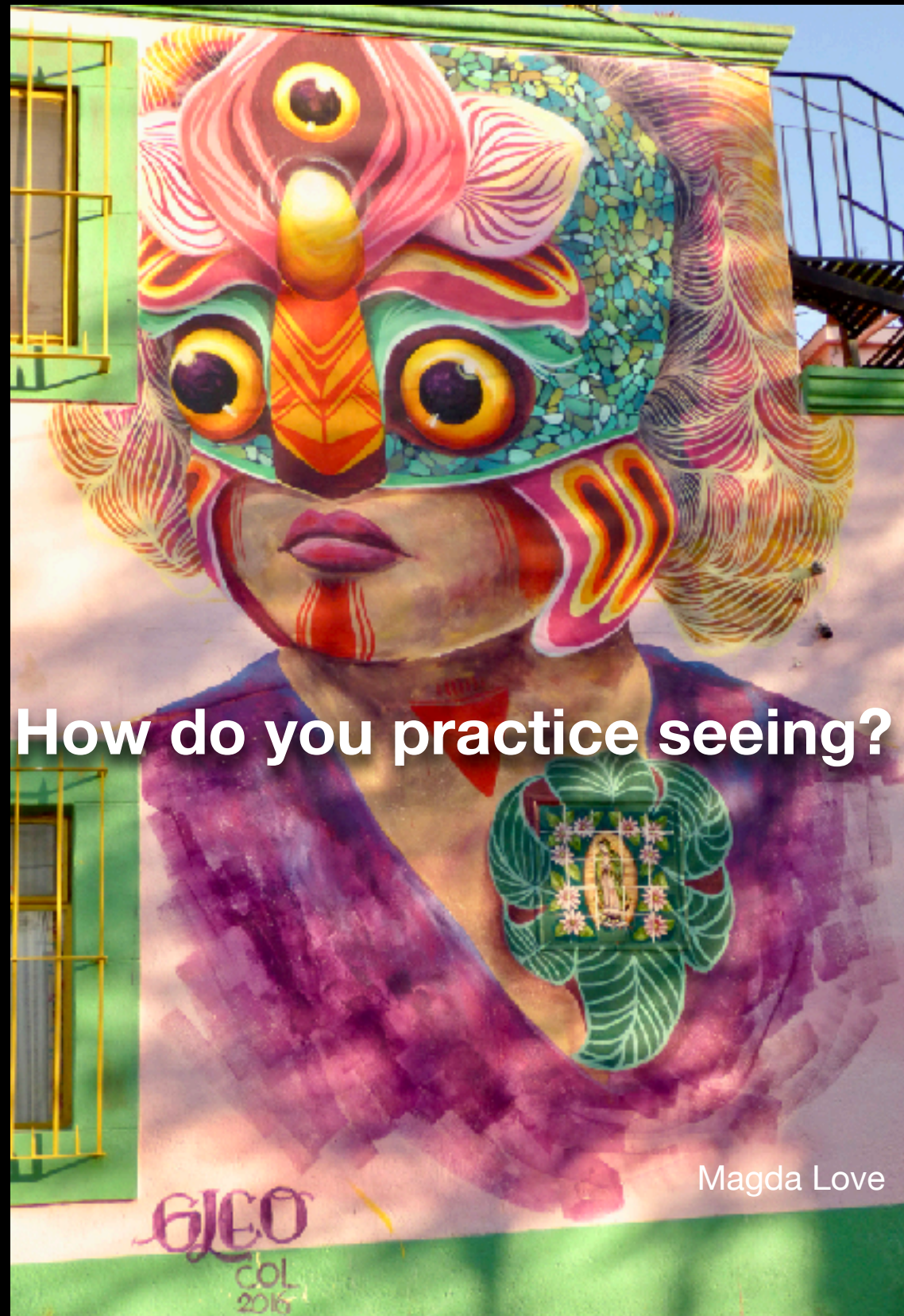
What is your favorite mask?



"Practicing gratitude
is a way of falling in love
with your own life."

— Joyce Wycoff


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How do you practice seeing?

"The deeper the pain,
the greater the fear,
the wider the door
opens to a new world.
Step through."
-- Joyce Wycoff

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A close-up photograph of a dog's snout, showing the texture of its fur and the bridge of its nose. The dog's fur is a mix of brown and tan colors. The lighting is soft, highlighting the details of the snout.

**When was your last close encounter
with a different species?**

**"The world doesn't just want my time.
It wants my attention,
my passionate devoted attention."
-- Joyce Wycoff**

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When was a time you were
in real danger?



Lost hat
in a
Yellowstone
hot pool.

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When did a path end
before
you were ready?

"Be or do is not an either/or.
It's a both/and exploration of life ."
— Joyce Wycoff

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**What's his message
for you?**



**"Heartfulness bubbles
in the cauldron of relationships."
— Joyce Wycoff**

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**What do you do when
all things go wrong?**



**"For that's what life is ...
a gradual recognition of yourself
and the unique gifts
you have brought
to share with the world."
-- Joyce Wycoff**

What makes
your home "home"?



"Until we find true generosity
for ourselves,
we cannot offer it to others."
— Joyce Wycoff

**When did you find yourself
in a strange place?**

A wooden sign is mounted on a post in a beach setting. The sign has two lines of text: "BORREGO SPRINGS" on the left and "we're all here 'cuz we're not all there" on the right. The background shows a sandy beach with scattered driftwood and rocks.

BORREGO SPRINGS • we're all here 'cuz we're not all there

"dust.

that's how it begins.

layers of life.

joys and sorrows.

failures and successes.

friends and lovers,

heartbreak and delight.

one layer, then another.

days turn into years.

dust becomes a mountain.

experience becomes wisdom.

-- Joyce Wycoff

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**What does it take
to make a space sacred?**



**"We are all empty-handed,
with no gifts for nature
except our wonder at its beauty."
— Joyce Wycoff**

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What makes you feel secure?

**"How many geniuses die undiscovered,
not only by others,
but, more sadly, by themselves?
-- Joyce Wycoff**

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**"What are seeds to tend?
What are weeds to pull?"
-- Joyce Wycoff**

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**What do you think
will save our planet?**

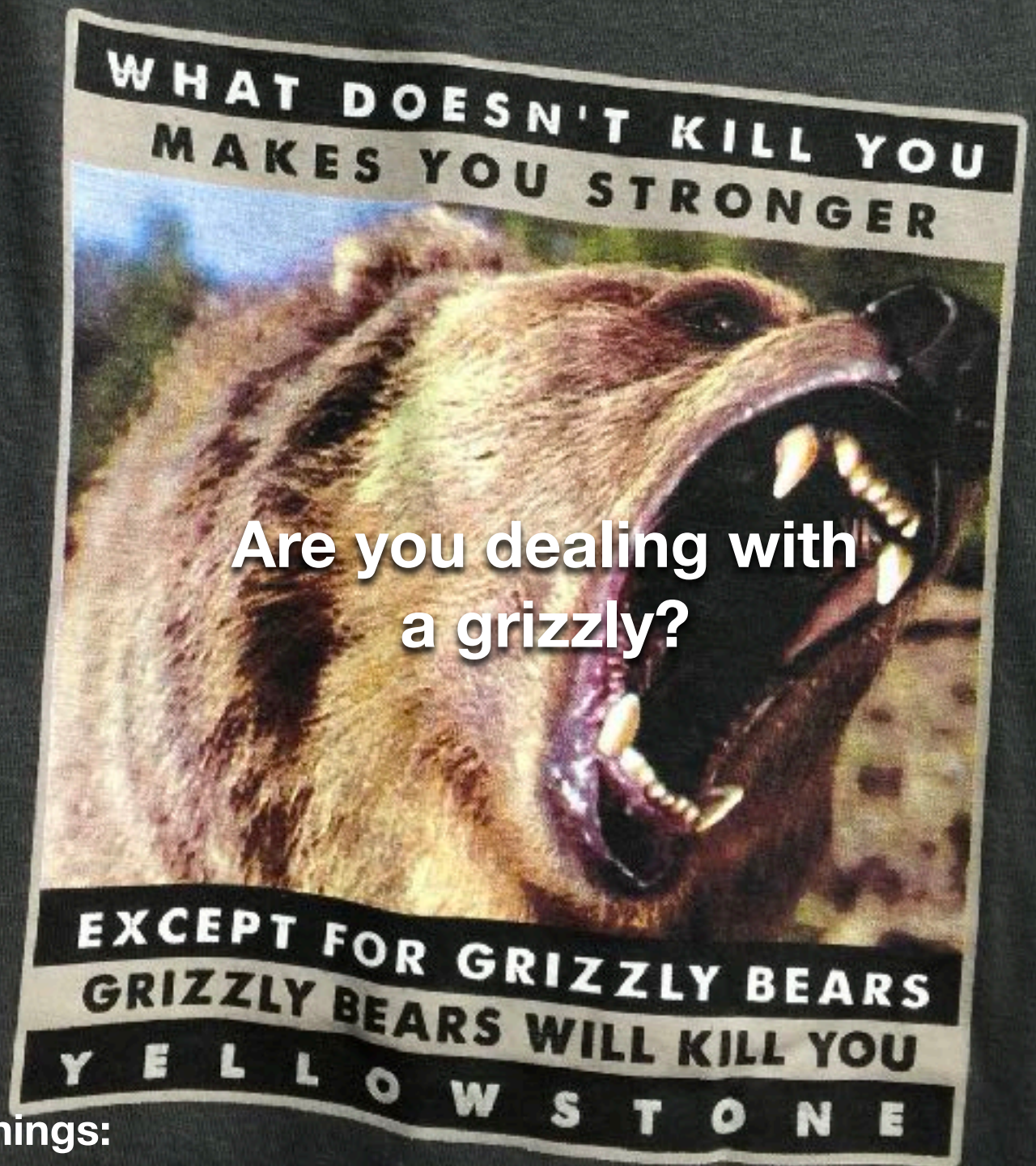
A photograph of a woman with her eyes closed, smiling and holding a chocolate bar. The image is overlaid with a sign that reads "SAVE THE EARTH, IT'S THE ONLY PLANET WITH CHOCOLATE". The background shows a street scene with buildings and a blue sky with clouds.

**SAVE THE EARTH,
IT'S THE ONLY
PLANET WITH
CHOCOLATE**

PictureQuotes.com

**"Ideas are like tea bags ...
they need to steep
to let the flavor develop."
-- Joyce Wycoff**

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"Beginnings are tricky things:
filled with hopes and fears,
leaps and stumbles, until one day,
we look back, smile, and say:
'Look how far we've come!'"

-- Joyce Wycoff

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Potlatch 2 - Visual Prompts

I hope this collection has prompted some unexpected thoughts. Feel free to share this with friends and I would love to hear about your experience with these prompts ... email ... jwycoff@me.com. Best wishes, joyce

High tide
at UCSB.



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