

## How to Set up a THRIVER GROUP and Free Writing with More WRITING PROMPTS

Based on Her Books

*Entering the Thriver Zone: A Seven-Step Guide to Thriving After Abuse*  
*Staying in the Thriver Zone: A Road Map to Manifest a Life of Power & Purpose*  
By Susan M. Omilian JD

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Hey Thrivers!

I hope that that the **Seven Steps to Thriving After Abuse** you have found in my book, **Entering the Thriver Zone** have set you on your Journey from Victim to Survivor to Thriver! With **Staying in the Thriver Zone**, you'll also have **A Road Map to Manifest a Life of Power and Purpose**. if you have formed a Thriver Group to work through these books or if you are working individually, here are some additional writing prompts and information about free writing below.

Enjoy! Keep on Thriving!!

Love your feedback at [susan@ThriverZone.com](mailto:susan@ThriverZone.com) or if questions!

~ Susan

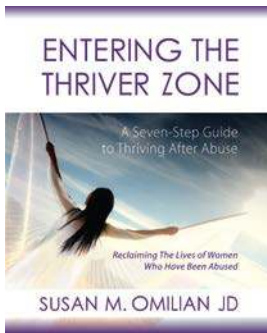
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### Working with a *Thriver Group*!

You can work through Susan's books by yourself or you can gather a group of women (e.g. friends, family, acquaintances) to through the material of these books together. This **Thriver Group** can include women who have experienced abuse or violence in their lives, but it can also include anyone who has had a struggle (e.g. illness, death of a loved one, loss of a job) that they are trying to move beyond.

Here's some tips on setting up your **Thriver Group**.

- **Decide who you think might fit into a *Thriver Group***. Invite everyone to a gathering and let them decide for themselves if this is something they are interested in.
- **Keep the number of people in the group manageable**. Everyone should have a chance to participate.
- **Set up a regular time and place to meet**, every week, once a month or some time more or less than that. You can meet in someone's home or find a free room at a local library or community center.
- **Make sure everyone agrees to keep what is shared and talked about in the group confidential**. This is important and may be key to making your group a success!
- **Decide the format for each group**. How long to meet? One to two hours is a good. What will you do at each meeting? Go through a chapter together or ask the group members to read a chapter and write out the exercises so that they can share with the



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group. Or in each group, you could read the chapter aloud, do the writing exercises in the group and share.

- **Make the group meetings fun!** Include time to share how everyone is doing and make sure everyone is able to relax. Share babysitters or arrange carpools to the meetings so everyone can attend. Include a pot-luck meal or desserts. Make everyone feel good about coming to your gathering.
- **Support Thriver goals set in the group.** Once everyone has new goals set (Step 7) *Setting New Goals to Thrive*), use your group for support and encouragement to get those goals accomplished.
- **Get feedback on how the group is working for everyone.** You can ask for that at a group meeting or in writing on an email afterwards.

### Review of Free Writing

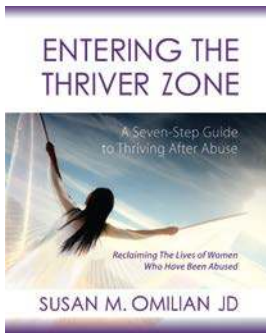
“Free writing” is picking up your pen and writing without stopping. It is a free expression of what is inside you, uncensored by your Inner Critic. (*For more on Quieting the Inner Critic, see Step 2.*)

When you free write, you want to write quickly so that your Inner Critic won't jump in and say things like “What you are writing is stupid!” or “Why are you doing this?” That kind of chatter will only discourage you and inhibit the free flow of words, emotions and thoughts. So you want to write fast, get it all out on paper and not worry about spelling, grammar or even if you can read everything that you wrote.

Don't worry! No one will look at your paper! In a “free write,” you write for a period of time, maybe five or ten minutes, without interruption. For some people, that amount of time is too long. They will get out what they want to say quickly and then be done. Others will want to write more slowly for a longer period of time.

### **NEITHER WAY IS WRONG!**

In fact, what you want to see is how your writing process works. You write short and you add. You write long but you can cut it later if you like.



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***If you write only a little at first*** — but you think that you’ve said it all, that’s fine. As your writing progresses, you may write more, but even if you don’t, it’s not wrong. It’s only how you do it rather than how someone else might do it.

***If you are a person who writes more or slower than someone else*** — then that is how long it takes you. What’s important is to not let yourself think that you need one or two hours to write in your journal or to complete any of the exercises in this book. If you do, then you’ll convince yourself (trust me, your Inner Critic will jump right in to help you be so convinced!) that you don’t have enough time to write or finish any of the exercises in this book. None of them will take you that long, and in fact, what you want to do is say, “It will only take me a few minutes. I have a few minutes. I can start now!”

**You start with a “writing prompt.”** A prompt is simply something to lead you into your writing. It’s like a trigger or springboard to get you going, and once started, it can take your writing anywhere you’d like it to go. If you start writing about apples and suddenly write about oranges, it’s okay. *(See more about Writing Prompts below.)*

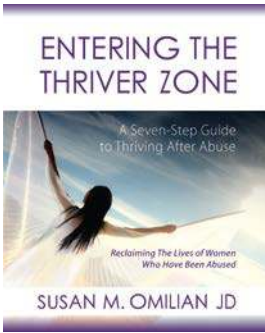
This is free write. Let it go! REMEMBER! You can’t do this wrong!

### More Writing Prompts

#### What is a writing prompt?

Sometimes in order to get started with a free write, you may need a writing prompt or a “trigger” to get you started. These prompts can be a question to answer like, “Who am I?” or a sentence to finish, “Three things that make me happy are....” Don’t worry if you start writing about one thing and suddenly you are writing about something else.

There are many writing prompts throughout Susan’s books including ***Entering the Thriver Zone: The Seven Steps to Thriving After Abuse*** and ***Staying in the Thriver Zone: A Road Map to Manifest a Life of Power and Purpose***. You can go back and do them over and over again! Good ones to try regularly are “If I have no fear, I would....”. and “I am the Happy Person Inside You and I want to tell you something....” and “What makes me smile is....”



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## HERE ARE MORE WRITING PROMPTS FOR YOU!

### 1) FILL IN THE BLANKS Prompts

I love \_\_\_\_\_

One thing that keeps me positive is \_\_\_\_\_

I deserve more in my life because \_\_\_\_\_

I am creating my own life every day by \_\_\_\_\_

One thing I am proud of \_\_\_\_\_

I feel strong when I \_\_\_\_\_

I am worthy of \_\_\_\_\_

I am building a community of people who support me by \_\_\_\_\_

By this time next year, I want to be able to \_\_\_\_\_

### 2) GUIDED MEDITATIONS Prompts

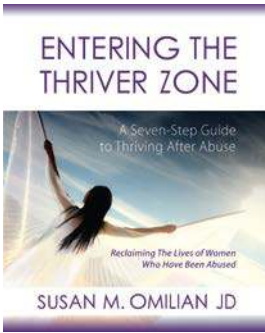
These writing prompts are easy to do if you take a moment to think about the questions and then hold yourself in a space that feels free and open before you write.

#### a) Visioning the Future

Think about the questions below first.

*When was the first time in your life when you realized a vision for yourself?  
Now that you are in the "thriver" energy, what dreams do you have for yourself?  
Can you imagine yourself getting there step by step?*

Then close your eyes for a moment if that feels comfortable. Imagine yourself in that future. *Where are you? What are you doing? Who is with you? How does it feel?*



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Now write about this future place in the present tense... as if you are there right now, doing what you vision for yourself in the future. Make it big! Make it exciting! It is!

### **b) Letting Go of Our Pain**

Any emotionally painful experience in our lives can leave behind in our body some sense of the suffering of our past. Can you feel where the pain from your past lives in your body?

Now close your eyes for a moment if that feels comfortable. Imagine a white light penetrating that part of your body. It surrounds that pain, shining brightly until all the pain is gone.

Open your eyes and write about how it feels to have release that pain. For example, now you feel calm, peaceful, beautiful, energized, warm, deserving, enough.

Write about the new things can you do in your life now you couldn't do before the pain was surrounded and dissolved by the white light.

### **c) Creating Abundance**

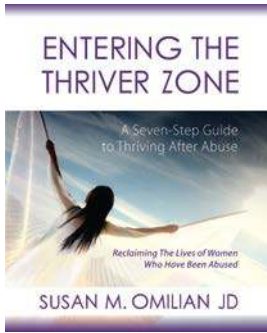
Recite this abundance mantra several times out loud:

*I am full. I am free. I have everything I need. I am loved and lovable. I am blessed with loving friends and companions. No one and nothing will stand in the way of my happiness. I have everything I need to be joyous. I have found the work that I love. I have all the resources I need to do this work and be prosperous. I am generous, loving and kind. I open my heart for all that is good. I am blessed.*

From this prompt, write from any one of the above words or phrases.

For example, I am prosperous when I \_\_\_\_\_

I am blessed when I \_\_\_\_\_



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NOW write three affirmations or positive actions you can do right now with all the abundance in your life.

### **d) Vision for the Future**

Take a moment and imagine yourself moving into the future with your Happy Person Inside (see Step 3 from *Entering the Thriver Zone*.)

Then go into next week, next month, next year.... Hold yourself there for a few minutes and just visualize where you are, who you are with, what you are doing and how you are feeling?

**In five years, what will your life look like in these areas?**

YOUR HEALTH

YOUR JOB OR CAREER

RELATIONSHIPS

PERSONAL EXPRESSION/CREATIVITY

FINANCES, PHYSICAL ENVIRONMENT

HOW WILL YOU GET TO YOUR FUTURE?

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### **HOW TO REACH SUSAN!**

For information about the information shared above as well as Susan's work, her books and her speaking and trainings, you can email Susan at [susan@ThriverZone.com](mailto:susan@ThriverZone.com).

Or write to

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Thanks for your interest and support of Susan's work!!

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