

Bill Zimmerman Presents

# *MakeBeliefs From the Heart*

**Writing to Find What's Deep Within You**



**Art by Tom Bloom**

**An Interactive Digital Journal from [MakeBeliefsComix.com](http://MakeBeliefsComix.com)**

*This book of makebeliefs belongs to:*

(TYPE YOUR NAME HERE)

---

*Date begun:*

(TYPE HERE)

---

## *Dedication*

---

For my wife Teodorina,  
and my beloved friend Jerry

–BZ



Copyright @2020 by William Zimmerman

Tom Bloom created the art used for this book's cover,  
and the original characters  
which were adapted for this book.

Book design: Barbara Berasi

All rights reserved under international and Pan American  
Copyright Conventions. No part of this book may be repro-  
duced, stored in a retrieval system, or transmitted in any form  
or by any means, electronic, mechanical,  
photocopying, recording or otherwise,  
without express written permission of the publisher,  
except for brief quotations or critical reviews.

The author welcomes comments and suggestions  
that you would like to see included in future editions.  
Please write: William Zimmerman, Guarionex Press Ltd.  
201 West 77 Street, New York, NY 10024.  
Thank you.

For other books by Bill Zimmerman,  
visit <http://www.MakeBeliefsComix.com>  
or <http://www.billztreasurechest.com>

## *Before You Begin...*

Come, enter this book to explore the wonderful mysteries of  
your life.

I write the “makebeliefs” for this book during a time of personal  
darkness as I fight a life-threatening  
illness. When I first started writing I  
feared I didn't have long to live and had  
many questions on my mind for which I  
was seeking answers. I have put many of  
those questions in this book.



Creating illustrated writing prompts  
from my heart like the ones on the pages which follow provides  
me with hope and comfort as I escape into the rich world of my  
imagination. **The prompts are affirming and help me think  
more deeply about what is important in life.**

I first started creating “makebeliefs” some 30 years ago when a  
deeply loved family member was very ill and I needed to find  
courage in getting through those difficult days. **The “make-  
beliefs” provided me with a way to imagine a better world  
and ease my heart.** When you imagine, you begin to view  
your world differently, you see new possibilities and make  
new choices. Each of us is capable of being our fullest selves if

we can catch our breath for a while, lose some of our fears, and try to imagine what things would be like if such and such would happen. This book tries to help us explore new possibilities and perhaps think about things which we may not have considered before. It makes us dig deep.



You can enjoy this book on your own or complete with someone you love. Don't feel you have to answer every question prompt—just try the ones that capture your imagination and have personal meaning for you. Use this book to probe some of life's deepest questions—the kind we often put aside during our busy lives until we gain more experience and knowledge to deal with them. I struggle myself to find answers to questions such as:

—Make believe you could write a message to heal the pains of the world. What would you say?

—Make believe you were asked to find a way to spread loving kindness among peoples. What steps would you take to accomplish this?

—Make believe you were asked what is really important in life. What would you list?

Try to be honest and brave as you write your thoughts. By being so you will reveal to yourself



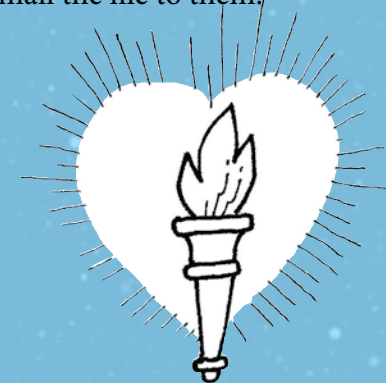
the truths within you that have been waiting to rise to the surface of your life. **You will come to know yourself better and discover the richness within you.**

Great adventures ahead for you!

Sincerely,

Bill Zimmerman

P.S. To get your own copy of the book, you first need to download it from the website. You can fill in the answers to the questions on each page by typing on your computer screen and saving the file, or you can print out any pages and fill in the answers by hand. If you wish to share all your special thoughts in the completed digital book with someone, you can email the file to them.







NOW, BEGIN YOUR ADVENTURE WITH

*MakeBeliefs From the Heart!*

*Make believe you could  
hear your heart sing or  
speak. What would it say  
to you?*

(TYPE HERE)

---

---

---

---

---

---

---

---

---

---

---

---





*Make believe you trekked up  
the mountain to ask the  
oracle what is the wisest  
thing she knows. What would  
she answer?*

(TYPE HERE)



*Make believe an angel came  
to help and comfort you.  
What would the angel  
say or do?*

(TYPE HERE)






*Make believe that after  
you died, your spirit could  
come back in the form of  
a different being.  
What would it be?*

(TYPE HERE)





*Make believe that little  
voice in you was saying  
something very important.  
What would that be?*

(TYPE HERE)





*Make believe you can feel the  
soul of someone you love.  
What would it be like to know  
someone so intimately?*

(TYPE HERE)



*Make believe you could  
open a box and find your  
heart's desire. What is it?*

(TYPE HERE)





*Make believe you're on  
the path to happiness.  
What do you discover  
along the way?*

(TYPE HERE)

*Make believe you were  
repeating a special word  
when you meditate.  
Which would it be?*

(TYPE HERE)





*Make believe you carried  
a great secret inside you  
that you finally revealed.  
What is it?*

(TYPE HERE)



*Make believe someone gave  
you a basket containing the  
three things you want most.  
What would be in it?*

(TYPE HERE)





*Make believe you were given  
the blessing you had always  
hoped and prayed for.  
What would it be?*

(TYPE HERE)



*Make believe that the tears  
you have shed throughout  
your life could grow some-  
thing wonderful, maybe  
way beyond your wildest  
dreams. What could that  
be?*

(TYPE HERE)






*Make believe you could  
put a special memory in a  
locket and open it time to  
time. What memory do you  
want to save?*

(TYPE HERE)





*Make believe it is the last  
day of this world. What  
would you want to do or say  
on that day?*

(TYPE HERE)

---

---

---

---

---

---

---

---

---

---





*Make believe that your  
favorite musician composed  
a song in praise of you.  
Can you hear it now?  
What are the words?*

(TYPE HERE)



*Make believe someone  
passed you in the street and  
whispered sweet, kind words  
to you. What do you hear?*

(TYPE HERE)





*Make believe you could  
perform a miracle.  
What would it be?*

(TYPE HERE)



*Make believe you knew  
the special words to help  
heal the world and resolve  
conflict. What would these  
simple, profound words be?*

(TYPE HERE)





*Make believe you have  
a blessed life.  
What would it be like?*

(TYPE HERE)



*Make believe you could heal  
a bully. What words would  
you say to change that  
person?*

(TYPE HERE)





*Make believe you are living  
the last days of your life.  
What blessings would you  
leave to others, or to the  
world? What hope would  
you express?*

(TYPE HERE)



*Imagine you could speak  
with someone you had lost.  
What would both of you say  
to each other now?*

(TYPE HERE)





*Make believe you could  
change anything in the  
world you want to make it  
better. What simple things  
would you choose to do?*

(TYPE HERE)



*Make believe you could  
say the healing words to  
comfort a grieved soul.  
What would they be?*

(TYPE HERE)





*Make believe you could  
communicate with someone  
in outer space. What are the  
wise words you would say?*

(TYPE HERE)



*Make believe you could  
take away all the pain that  
people in the world feel.  
What would our lives be like  
then? How would the world  
change?*

(TYPE HERE)





*Make believe you could  
create heaven on earth.  
What would it be like?*

(TYPE HERE)



*Make believe that as you  
meditated you gave off  
thoughts of loving kindness.  
What would they be?  
To whom or what would you  
direct these loving thoughts?*

(TYPE HERE)





*Make believe you knew the  
secret to having a good life.  
What is it?*

(TYPE HERE)



*Make believe you could say special words to the person who always made you feel loved and protected. What would you say? And to whom?*

(TYPE HERE)





*Imagine that you knew the secret of bringing people together and ending their fighting. How and where would you use your powers?*

(TYPE HERE)

---

---

---

---

---

---

---

---

---

---

---

---



*Make believe that you  
discovered an ancient book  
that held some secrets of life.  
What do its pages reveal?*

(TYPE HERE)





*Make believe that in the middle of a forest you discovered a box of unused kindnesses. What would you do with them?*

(TYPE HERE)

---

---

---

---

---

---

---

---

---

---



*Make believe you could utter  
a healing prayer that would  
change something for you  
or the world. What words  
would you say?*

(TYPE HERE)





*Make believe that you could  
repair one thing in the  
world. What would that be?*

(TYPE HERE)



*Make believe your words  
reached a Great Spirit.  
What would you say?*

(TYPE HERE)





*Make believe that little voice  
in you was saying something  
very important. What would  
that be?*

(TYPE HERE)



*Make believe the secret to  
having a good life can be  
said in six words or less.  
Express them!*

(TYPE HERE)





*Make believe someone did  
a kind act for you.  
What would that be?*

(TYPE HERE)



*Make believe your tears  
nourished some magical  
seeds. What would grow?*

(TYPE HERE)





*Make believe you could  
create your own Garden of  
Eden. What would it be like?*

(TYPE HERE)



*Make believe you could  
move a mountain in your  
life. Which one would  
that be?*

(TYPE HERE)





*Make believe you could  
dance when the spirit moved  
you. How would that feel?*

(TYPE HERE)



*Make believe the waters  
washed away all your sins  
and hurts. What would it  
be like to be reborn?*

(TYPE HERE)






*Make believe you could  
compose the words to reveal  
what is magnificent in life.  
What would you write?*

(TYPE HERE)





*Make believe that a person in history whom you revere was still among us. What do you think he or she would say of our lives today?*

(TYPE HERE)





*Make believe you found  
a small box filled with  
courage. What will it enable  
you to do?*

(TYPE HERE)



*Make believe you were rid  
of all your fears and were  
scared no more. What  
impact on your life would  
that make?*

(TYPE HERE)





*Make believe you could  
forgive someone who hurt  
you badly. How would your  
life change?*

(TYPE HERE)



*Make believe you could  
finally let the dark thoughts  
float away from your mind.  
What will you replace them  
with?*

(TYPE HERE)





*Make believe you could  
express something in your  
heart that you longed to  
say but were afraid to.  
What would that be?*

(TYPE HERE)



*Make believe you were  
creating a poster that asked  
what you stand for. What  
would it say?*

(TYPE HERE)





*Make believe there is no  
anger in the world.  
How would life be different  
for us?*

(TYPE HERE)



*Make believe that God or a  
Great Spirit would answer  
any question you pose?  
What would you ask?*

(TYPE HERE)





*Make believe you could  
dream any dream that you  
wanted. What would you  
dream about?*

(TYPE HERE)



*Make believe that someone  
who loves you places hands  
on your head and blesses  
you. What are their words?*

(TYPE HERE)





*Make believe your world  
went quiet for a day. What  
would you do with the  
peace and quiet?*

(TYPE HERE)



*Make believe you were to  
leave the flame of your life  
to someone? Who is that  
someone?*

(TYPE HERE)





*Make believe you kept a bag of hopes and dreams for your life. Describe some of them.*

(TYPE HERE)





*I make believe that  
I could touch the sky!*

### *About Bill Zimmerman*

In his many books as well in his work as a newspaper editor, Bill Zimmerman has pioneered innovative writing techniques to help people express all the important

things within them. His books and web sites are used in literacy and English Language Learning programs around the world and to encourage creative thinking and expression.

Zimmerman's work has been featured on The Today Show, on the acclaimed PBS Ancestors Series, and in The New York Times, The Washington Post, The Wall Street Journal, USA Today, and such magazines as Family Circle, Esquire, Business Week, Reader's Digest and Essence.

### *His websites are:*

<http://www.billztreasurechest.com>, which features excerpts from his books

<http://www.makebeliefscomix.com>, which enables visitors to create their own online comic strips

<http://www.somethingtowriteabout.com>, a writing-prompts blog for students

### *Share with Us*

Your feedback on using this book is very welcome. Please be encouraged to send your thoughts or suggestions on how we can improve this book, including new writing topics to help you discover the good words within you, along with your permission to use your ideas. For every idea used, a free copy of one of Bill Zimmerman's books will be sent to you.



### *Send to:*

**Bill Zimmerman**

Guarionex Press Ltd.

201 West 77th Street

New York, NY 10024

Email: [billz@makebeliefscomix.com](mailto:billz@makebeliefscomix.com)

If you find the work we are doing useful to your life, please consider making a regular, small financial contribution to us at PayPal.com at: <http://www.makebeliefscomix.com/Contribute/> And please share our work with your friends, family members and colleagues. Thank you.



***Make-Beliefs From the Heart*** is part of a series of free digital journals published by MakeBeliefs Comix.com. They are part of our mission to help people of all ages discover their writers' voices and express their deepest thoughts through writing.

## Some other e-books are:

**A Sweet Kind Book**  
Filled With Blessings  
and Good Thoughts



**Hummingbird Joy:**  
A Book of All the Things  
That Make You Happy



**A Book of Questions:**  
A Playful Journal to Keep  
Thoughts & Feelings



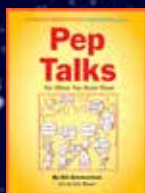
**MakeBeliefs  
to Spark Your  
Writing**  
to Spark Your Writing



**Words I Wish Someone  
Had Said to Me As A Kid**



**Pep Talks for When  
You Need Them**



**MakeBeliefsComix  
FILL-ins**



**Fraldy Cats' Book of Courage**



**Laptop Letters:**  
Sending Wise & Encouraging Messages  
to Young People in Your Life



**Write What You Know:**  
Sharing All the Important  
Things We Know in Life



**Something to Write About:**  
For English Language Learners  
and Literacy Students



To download any of the e-books on this page click here: [www.makebeliefscomix.com/eBooks/](http://www.makebeliefscomix.com/eBooks/)