

# 10 Writing Prompts

**Ten Writing Prompts.** Try them after meditation and/or yoga or other forms of movement.

1. Incorporate these phrases into your piece: In the beginning .....but then...
2. Describe a doorway that you often walked through as a ten year old (or 4 year old or 15 year old--or age of your choice) and incorporate it into a scene. Why is that doorway an important threshold?
3. Tell the story of your elbow/scar/heart/lungs/other body part. Use either third person, or first person, even speaking from the position of the body part.
4. Create a piece in which the first line of every paragraph (or every line in a poem) starts with "I come from"
5. "I hadn't been there long before it was clear that I was in danger and would need to find a way to leave quickly" Write from this phrase or this scene.
6. Remember the smell of your favorite place as a child: write.
7. The thing I am most proud of is...write in great detail.
8. Write something with the following six words: magenta, transform, paperclip, bewilder, rain, oak
9. Find one of your favorite poems, songs, books and open at random: use the lines that you come to and incorporate them in your piece.
10. Go someplace where you can see the sky. Spend a few minutes looking at it. Describe the sky in as much detail as possible. Where does it want to take you in this piece? Go there.