

Five Prompts for Everyday Writing

Quiet starting points for days when the words feel distant

Writing doesn't always begin with confidence or clarity. Sometimes it begins with noticing what's already there.

These prompts are designed to be simple, open, and unforced. They don't ask for performance or polish, only attention.

Use one at a time. Write a paragraph or a page. Stop when you feel finished.

1. Something I Didn't Plan to Notice

Write about a small detail you hadn't intended to pay attention to — a sound, a habit, a pause, a moment that arrived quietly.

2. What Stayed With Me Longer Than I Expected

Not the biggest event, but the one that lingered. Explore why it stayed.

3. A Choice I Made Without Announcing It

A decision that didn't require explanation — but mattered anyway.

4. The Ordinary Thing That Anchors My Day

A routine, an object, or a moment that steadies you more than it should.

5. What I'm No Longer Trying to Fix

Write about something you've stopped correcting, improving, or justifying.

These prompts aren't meant to be completed or exhausted. They're meant to return to, quietly, when you need a place to begin.

This guide reflects my editorial approach to writing — attentive, restrained, and grounded in lived experience.