

Prompts for quick-writes:

- What's the best advice you have ever been given?
 - What's bothering you right now?
 - What bothers you in general?
 - What is a decision that you are facing?
 - Cather Quote
 - I remember list/I forget list
 - "A little talent is a good thing to have if you want to be a writer, but the only real requirement is to remember every scar."
 - Mission Impossible III: Count to Ten
 - Slam poetry videos: Lost Count; I'm thinking about you
1. Think of a landscape that is particularly important or interesting to you. Then free write for as long as you like, alternating between different human senses. Read your piece aloud. How does this kind of language bring the scene alive?
 2. Where are you from? The usual answer is to name a city or place on a map. But we are from many other origins – religions, smells, geographies, holiday traditions, family songs, loves, fears, hatred, food...for example. Write 3 sentences, each beginning, "I am from..." Let the sentences go on and on, and be sure to include th specific words, the surprising descriptors, the smells and emotions.
 3. When have you been captivated by a sense of wonder about the natural world? How did that have an impact on your life? Write a few paragraphs about your – or your family's – relationship to the natural world. How would you characterize this relationship?
 4. Describe a time when you felt lonely. How did you deal with it? What landscapes make you feel particularly at home? Do you enjoy being alone? What makes time alone valuable for you? Write about a time when your primary companion was non-human. What or who was this companion? What did you do during this experience?

5. Think of a landscape that you know of that has been destroyed/disrupted (by chainsaws or bulldozers, for example). Describe it as accurately as you can.
6. What do you remember most about your parents when they are far away? Elements of their personality? Memories of specific events involving them? Things they've said? What else?
7. Have you ever learned something significant from your own pain or the pain of another? What was it? Is all pain bad? If you could revise your life to remove all instances of pain, would you? What do you think the effect on your life would be?
8. What are the 3 or 4 belongings that most clearly define you? Now, as if you were a stranger looking only at those objects, write a description of the person you might imagine is the owner of the objects? What kind of person is he/she?
9. What you most afraid of? What is the good of fear? Why does the unknown inspire fear so often? Write about an encounter with something you are afraid of. Write it in the first person, present tense.
10. Make a list of all the things you want to do or be, but don't or aren't. Make a corresponding list of all of the fences that hold you back. Write about breaking through one of those fences.
11. Write about something outrageous that you have done – something that was fun at the time, maybe something you have not told anyone about.
12. Write a description of the front door of the place where you grew up.

13. List 5 or so things (song? Smells? Places?) that remind you of your mother (or father). Choose one and write about it.
14. When was the last time you took a risk? What did the experience teach you?