

List of ALL 43 Daily Writing Journal Prompts

WJ#1 - First Line of a narrative: “She approached the unfamiliar door and nervously took the key from her pocket. She took a deep breath, unlocked the door, paused, then opened it. To her horror she saw...”

WJ#2 – You are out walking through an isolated field and you stumble upon a small flag poking out of the ground. You walk over to the flag and decide to start digging. You can’t believe what you find.

WJ#3 – Go www.fearof.net. List of the top 100 phobias. Scroll down page with eyes closed and then stop. You must write a story about the first fear that your eyes stop on.

WJ#4 – Your phone (or household appliance) magically comes to life and goes on some sort of adventure. Key aspect: It has a strong and distinct personality.

WJ#5 – Create a character that defies their own type – i.e. a terrifyingly surly biker gang member that loves babies and bunnies.

WJ#6 – Take a character and place them in a location that they would normally never be in.

WJ#7 – You awaken to find yourself in an abandoned warehouse. What time is it? Walk around the place. What do you see? Smell? Hear? What happens to them?

WJ #8 – Story must involve moving parts in some way. Think creatively about what “moving parts” means.

WJ #9 – A character wakes up to discover that they are in the body of something or someone else. What is it and what happens to them?

WJ #10 – Point of View! A character must go on some sort of journey of any scale. Must be told from a first person POV from a character inside the vehicle going on the journey.

WJ #11 – Your character receives an unusual piece of mail inside of a large oversized bright blue envelope. It has been hand addressed in a bizarre manner of writing. What is in the letter and what does it make the character do? Must be 3rd Person POV

WJ #12 – The character is walking in a public place. They look inside a trashcan and discover something unusual. What is it? What do they do? Must be 2nd person point of view.

WJ #13 – There is a ticket that will allow the holder to get in to any place on earth. Where do they go? What happens to them?

WJ #14 – Poetry – Someone is looking through a window. What are they looking at? What do they see? Are they looking out or in? 10 line minimum written in any style.

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WJ #15 – Abstract Noun (happiness, marriage) vs. Concrete Noun (chair, tree). Pick an abstract noun and do the following:

- Define it – your definition
- Create a metaphor or simile to illustrate it
- Write three situations that illustrate it

WJ #16 – Poetry. Take on the perspective of either a complete stranger or someone that you know very well and write about their impression of you at a brief meeting. Any style, but free verse may be the strongest.

WJ #17 – Narrative poem based on the concept of “light and dark.”

WJ # 18 – Poetry. The narrator has had no sleep for a long time. This affects the style in some way. Maybe repetition? Excessive rhyme? Lack of coherence? Unusual patterns?

WJ #19 – Poem based on the sound of dripping water. What is the first thing you see when you hear it? Run with it! Any style. Must use onomatopoeia at some point.

WJ #20 – Poem. What happens when it rains something other than rain. (no meatballs allowed). Poem must be funny.

WJ #21 – Poetry. Must begin with the word “Hello.” Any style. 10 line minimum

WJ #22 – Poetry. Something has to grow. A plant, a person, suspicion, the volume. Be creative! Any style, but likely will be narrative.

WJ #23 – Wabi Sabi – Sometimes it is the imperfections in something that make it beautiful. Any style poetry. 10 line minimum.

WJ #24 – MUST be free verse. Must be inspired by the natural world in some way. MUST play with word placement on the page to affect meaning.

WJ #25 – A story based on an image – a Bike in the rain.

WJ 26 – Dialogue – A character is talking to a parent after getting caught sneaking in at 4AM. Take on either perspective and make your case.

WJ 27 – Dialogue - Must be written in a 1st person perspective – based on quote “Just because one is on a different path doesn’t mean they are lost.”

WJ 28 – You and a friend are sitting around the house, just chillin’ and you hear the doorbell. You go to answer. No one is there, but there is an elegantly wrapped present sitting there with

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your name on the tag. You bring it inside. What do you do next? You and your friend want to do different things – write the conversation/argument.

WJ 29 – Your character wakes up in a state of total darkness. They fumble for the light. They flip it on and are shocked to see... What is it? Is it awesome? Terrifying? Surprising? Is it because of friends or enemies? Monologue or dialogue.

WJ 30 – “The games people play” – this can be literal or metaphorical games. Could be some sort of manipulation. Could be the loneliness of solitaire. Write in dialogue/monologue.

WJ 31 – “Putting the puzzle together” – Again, can be literal or metaphorical. Murder mystery. Someone realizing their significant other is cheating. Someone at a high stakes jigsaw puzzling exhibition. Write in dialogue/monologue.

WJ 32 – A character enters an unusual competition. Something that there would normally not be a competition about. Could be between friends. Could be on national television. Could have life or death stakes. Dialogue between two competitors.

WJ 33 – inspired by a single word. “Illumination” - Think about context – light, sure, but also learning new knowledge. Maybe the knowledge isn’t wanted? Dialogue/monologue

WJ 34 - “the kindness of strangers” – Someone does something incredible for someone that they don’t know. Write in dialogue.

WJ 35 – All of your life there has been a door in your house that for some reason has remained locked. One day you discover the key and decide to open it. What do you find? Can be dialogue or monologue.

WJ 36 – CNF Prose - If you could script the plot of your dream tonight what would the story be? Write the script. Notice that it is a dream – rules of reality do not apply. Include why this dream is so appealing.

WJ 37 – CNF - Begin with something that happened to you yesterday. Can be totally mundane if you want. Then take it to a new interesting place. Don’t forget to use descriptive language.

WJ 38 – CNF – Think of any important moment in your life. Picture it for a moment. Now picture the few moments (from a few seconds to a minute) leading up to it and a few moments after it – MUST use figures of speech and must use sensory language. Describe! Describe!

WJ 39 – CNF – If you could own the most incredible treehouse on earth, what would it be like? Describe everything in the environment. BUT write it as if it were a fictional story in style.

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WJ 40 – Think about any present that you have ever received. What was it that made it so special to you? Or so UN-special?

WJ 41 – Think of a time that you did something utterly ridiculous – i.e. walked into a door, fell down on the ice, tripped on nothing while walking – and someone saw you. Describe the moment and your reaction – how you FELT. Does it bug you to have others see your fail moments? Let this reaction become significant to the telling of the story.

WJ 42 – CNF – If a crystal ball could tell you anything, what would it be? Could be about yourself, your future, the world, anything. Tell it as a story, don't just answer the question.

WJ 43 – Think of a place that you no longer go to but is special to you in some way. Why does it hold that place in your heart? Why do you no longer go there? Remember – tell the STORY.