

PROMPTS TO START WITH

A notebook and pen is enough. Pick a prompt, write for ten minutes, don't overthink it.

Gratitude

What are you grateful for today? If you only ever use one prompt, use this one.

Best for: every single day, no exceptions

Pride

What's one thing you're proud of?
Uncomfortable to write, worth writing anyway.

Best for: rebuilding self-esteem and confidence

Challenge

What challenged you today, and how did you handle it?

Best for: processing a hard day properly

Growth

What's one thing you'd like to get better at?

Best for: pointing the next month somewhere useful

Release

What's one thing you'd like to let go of?

Best for: the stuff you're still carrying

Reflection

How did today actually go, honestly?

Best for: a simple, no-prompt-needed default

THE RULE

Ten minutes, one prompt, every day. The prompt matters less than the habit of actually sitting down to write.