***Between the World and Me***

Narrative Writing Prompts

Choose one and write an extended response.

1. The two moments I’ll never forget in my life are… Describe them in great detail, and what makes them so unforgettable.
2. Make a list of 30 things that make you smile. Write a sentence or two about each thing.
3. The words I’d like to live by are…
4. When I’m in pain — physical or emotional — the kindest thing I can do for myself is…
5. Make a list of the people in your life who genuinely support you, and who you can genuinely trust. Describe them and why you trust them.
6. What does unconditional love look like for you?
7. What would you do if you loved yourself unconditionally? How can you act on these things whether you do or don’t?
8. I really wish others knew this about me…
9. Name a compassionate way you’ve supported a friend recently. Then write down how you can do the same for yourself.
10. What do you love about life?
11. What always brings tears to your eyes? (As Paulo Coelho has said, “Tears are words that need to be written.”)
12. Write about your first love — whether a person, place or thing.
13. Using 10 words, describe yourself. Write a paragraph about each word.
14. What’s surprised you the most about your life or life in general?
15. What can you learn from your biggest mistakes?
16. “Write a list of questions to which you urgently need answers
17. Make a list of everything that inspires you — from books to websites to quotes to people to paintings to stores to the stars.
18. What’s one topic you need to learn more about to help you live a more fulfilling life? (Then learn about it.)
19. I feel happiest in my skin when…
20. Write the words you need to hear.