



write a poem to your
childhood self about
your biggest
adventure to date

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write the journey
your name took
to meet you

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write a poem about
the last thing you said
to the person you love

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write a morning
prayer, invocation, or
manifestation to start
the day

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write a poem from the
perspective of your
favourite animal or
creature for a day

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write an anthem to
your imperfect body

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coin a theory of
human behaviour and
show an example

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free write for 10
minutes on the
imagery of a tree that
you Google

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write a list of 13 songs
they would play
at your parade and
why

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write an ode to one
day in your life from
start to finish and let
it sing

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write a poem about a
time you felt broken
down, and pinpoint
with your senses what
struggle manifested as

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write the opposite of a
eulogy

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write the song of a
flower that will grow
in your wake

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what are you angry
about? write your
manifesto against
injustice

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write a poem set in
the future - any future
- about the big
challenge of the day

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write about grief as a
hunger, and how you
feed it

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write about love as a
vocation or a calling,
and what it demands
of you

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FREE DAY. go for a
walk and if you wanna
write about something
you saw, you can. or
don't!

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list your biggest
regrets to date, flesh
them out in lyric, and
then burn them in the
sink

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write a poem in a fantasy
world with at least one
element of magic from
the perspective of an
inhabitant

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write a poem about
the time you should
have said no and how
it would have gone
down

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write about a way you
show kindness
without labelling it,
just description

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create a visual poem
in the shape of the
moon on the day you
were born

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write a poem thanking
or exposing your
anxieties and
struggles

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draw a plant and for
the stem, write a
micro-poem that
centers your greatest
strength as a stem

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give your dreams a
name and a number,
then draw one at
random and write it
back from end to start

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describe your
superpower without
naming it

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think of your favourite
song right now, pick
one line, and use that
as a start or finish to
your poem

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list the things you
don't think you
deserve. pick one and
imagine receiving it.
how would you feel?

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write your anthem.
sing your own praise.
if you are a country,
what is your song?

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BONUS: tell us what
you're afraid to meet
that's ahead of you.
write the hero song to
make it there

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