

7-DAY WRITING PROMPT CHALLENGE

This writing prompt challenge is designed to move you past staring at a blank screen and into a creative state of writing nirvana. These writing prompts are sure to help you create healthier writing habits. Start with the first one and work your way through each seven days. Your future readers will thank you.

Day 1 – Love Affair

In a paragraph or two, explain your love affair with writing. How did it start? When did you first realize you had the bug? What can you hope to accomplish with your writing.

Benefit: Reconnect with the “why” in your “Why I Want to Write,” and then you can move onto manifesting that desire.

Day 2 – Your Life Story

You got the call confirming that your life story is being made into a movie? Which actor will portray you? What do you have in common with him or her? What will attract “Celebrity X” to your character?

Benefit: Selling yourself *to* yourself will help you gain the confidence to make it a reality.

Day 3 – Bank Robbery

You’re planning to rob a bank. You’re desperate, but too clever to be caught. Describe the five most important things to remember. What action will you take for sure? What actions will you avoid like the plague?

Benefit: This is a short exercise that will help you begin to think ahead; an important step in learning how to create a strong outline.

Day 4 – The Nightmare

You’re struggling to wake up from a nightmare. What are you thinking and feeling? Practice using emotive adjectives to make your imaginary audience feel what your character is feeling.

Benefit: This writing prompt teaches you to be able to create a space where your audience can become emotionally invested. This is key to creating unforgettable characters.

Day 5 – The Speech

Go ahead write the opening words of your Oscar award acceptance speech, and then read it out loud. How do you stand out from the rest of the speeches? Write a speech so heartfelt that it breaks the Internet the next day.

Benefit: This is a humbling and thrilling exercise that will help you to consider your work from the vantage point of different types of readers.

Day 6 – School Days

Think back to the day that you first stepped foot into your high school. What did the hallway smell like? What noises did you hear near and far? Was the floor cleaner so strong that you could almost taste it? Were your palms sweaty from nerves? Use all of your senses to paint a word picture to make it come alive.

Benefit: This prompt teaches you to place your characters in relatable and engaging settings.

Day 7 - Giggle

Your first grader hates brushing her teeth. Write a little jingle to make her laugh and want to brush without being reminded.

Benefit: This is fun and will brighten your day. But seriously, this is a great practice for writing short memorable sentences.

BONUS PROMPT - Sunshine

Write a paragraph describing the perfect day at the park without mentioning the sun or the sky or clouds.

Benefit: This exercise is tricky, but it's a skill is worth mastering. Dig deeper and avoid weather descriptions in direct terms. Show your reader the setting instead of telling them what they should see or experience.

So, take just a few minutes each day for the next seven days to hone your writing craft. Stop by [Facebook](#) to let me know how you're progressing or which prompts you found challenging. Need more personalized attention? Contact me today to schedule your 45-Minute Discovery Session to find out how I can help you plan, prepare and publish your book within the next 120 days.