

WRITING IS FOR TOUGH TIMES WRITING PROMPTS

What about today felt heavy? What about today brought joy?

Write about one thing in your life that has impacted you the most because of the changes of these times and how it makes you feel.

Write about what has surprised you most about this time and how this has made you see the world differently.

Write about what you are finding most encouraging about this time and what you are finding most disappointing.
Which of those seem bigger to you right now and why?

For some people being at home more has been extra challenging. For other people it has been a relief and a place of welcome quiet.
Which type of person do you most closely related to and why?

In such an unsettling time, it can be easy to keep looking at all the data and the reports and feeling even more like your life is out of your control.
Make a list of the things you find most unsettling, and then choose one or two to write about in more detail.
Then make a list of the things you can still control and write about one or two of those things in more detail too.

What have you lost during this time? What are you grieving How are you processing that grief?

What have you found during this time? How has this changed your life?

Write a letter to yourself 5 years ago and explain what life is like right now.

Write about the dreams you have for your life and what you imaging yourself to be doing 5 years from now.

What are you most proud of about the way you are doing life during this time?

Write a short story about an imaginary world where you can create any experience you can dream of.
The characters can be you and the people you are quarantining with or your family and friends or totally imaginary people. Your choice.

For Kids:

What are you having the most fun doing during this time when you are home from school?

How does online/homeschooling make you feel? Why do you think you feel this way?

If you could change anything about your life right now, what would it be? Why would you want to change this thing?

Write a list of 3 things that make you sad about this time at home? Pick one and write about why it makes you sad?

Imagine that you and your favorite animal are planning on an adventure in your house. What will you do together?
What will you eat? Where will you go in your house and what other animals might join you on your adventure?

For Businesses:

Write about working at home. What do you miss about being the office? What do you like about being at home?
What is challenging about being at home? How are you addressing the challenges?

How have your work relationships changed during this time? What has been positive? What has been difficult? How do these changes make you feel?

What are you doing outside of work these days? Write about how these things are making you feel.

What are your expectations for yourself as an employee right now? What are your expectations for yourself in your roles outside of work right now?
How do those expectations fit with the larger vision of your life?

How are you feeling supported during this time? How are you wishing you were more supported?
How do both of these make you feel?

What are you most proud of about what you are doing during this time?