

50 Writing Prompts for Non-Writers

Make writing accessible and fun

Agency Content Writer

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Everyone has a story. Yours just needs to be told.

Getting Started (No Experience Required)

Personal Reflection Prompts

1. Write about a moment when you felt completely at home somewhere
2. Describe the best advice someone gave you (and whether you took it)
3. What's something you believed as a child that you now know isn't true?
4. Write about a time you had to be braver than you felt
5. Describe your morning routine like you're explaining it to an alien

Memory Lane Prompts

6. Write about your first job and the weirdest thing that happened there
7. Describe a teacher who changed how you see something
8. What's the most embarrassing thing that happened to you that you can laugh about now?
9. Write about a family tradition that outsiders might find strange
10. Describe the house or apartment where you felt most comfortable

Observation & Opinion Prompts

Everyday Life

11. Write about something everyone seems to love that you just don't get
12. Describe the most annoying sound in the world (and why it bothers you)
13. What's a simple pleasure that makes your day better?
14. Write about a rule you think should be changed
15. Describe what your neighborhood is like through the eyes of your pet (or an imaginary pet)

People Watching

16. Write about the most interesting person you've seen in a coffee shop or restaurant
17. Describe someone who does their job with unusual kindness
18. What's something adults do that kids would think is silly?

19. Write about a conversation you overheard that stuck with you
20. Describe someone who has a skill you wish you had

"What If" & Imagination Prompts

Light & Fun

21. If you could have dinner with any three people (living or dead), what would you serve?
22. Write about what your life would be like if you were really, really tall
23. Describe your ideal day if money wasn't a factor
24. What would you do if you found \$100 on the ground?
25. Write about what animals would complain about if they could talk

Thought Experiments

26. If you could give your younger self one piece of practical advice, what would it be?
27. Write about a problem in your community and one small thing that might help
28. What would happen if everyone in the world had to be honest for one day?
29. Describe what you'd put in a time capsule for people to find in 100 years
30. If you had to teach someone your most useful skill, how would you do it?

Storytelling Without Pressure

Micro-Stories

31. Write about the shortest friendship you ever had
32. Describe a moment when you realized you were wrong about something
33. Write about a time you got lost (literally or figuratively)
34. Describe the best gift you ever gave someone else
35. Write about a conversation that changed your mind about something

Letters & Messages

36. Write a thank-you note to someone who helped you when you were struggling
37. Write a letter to your future self one year from now
38. Describe your hometown to someone who's never been there
39. Write instructions for something you do well, as if explaining to a friend
40. Write a letter of encouragement to someone facing a challenge you've overcome

Creative & Playful Prompts

Different Perspectives

41. Write about your morning routine from your coffee mug's point of view
42. Describe a busy day from the perspective of your shoes
43. Write about a family gathering from the family dog's perspective
44. Describe your commute as if it's an adventure story
45. Write about grocery shopping like you're a nature documentary narrator

Fun Formats

46. Write a "user manual" for being your friend
47. Create a "day in the life" of your phone
48. Write a review of your favorite childhood toy
49. Describe your perfect Saturday using only questions
50. Write about your biggest fear as if it's actually silly and harmless

How to Use These Prompts

Start Small

- Pick one prompt that makes you curious or smile
- Set a timer for 10-15 minutes
- Don't worry about being "good"—just write

No Rules Approach

- Write in whatever format feels natural (paragraphs, lists, dialogue)
- Use your own voice like you're talking to a friend
- It's okay to go off-topic if something more interesting comes up

Make It Yours

- Change details to fit your life
- Combine two prompts if that sparks ideas
- Stop when you feel done—there's no minimum length

Remember

- **You're not trying to be a "writer"**—you're just capturing thoughts
- **Nobody has to see this** unless you want them to
- **"Bad" writing** is still better than no writing
- **Getting started** is the only goal that matters

The best prompt is the one that makes you think, "I have something to say about that." Trust that instinct and start there.

About Anne McAuley Lopez

Anne specializes in writing content for websites, blogs, and books. Whether you're a small business or nonprofit organization, she loves to learn more about you and share your story.

Why hire a writer in the age of AI? AI can generate basic content, but it cannot tell YOUR story. AI doesn't know about your first business trip when you stayed in your car making peanut butter sandwiches because the budget was non-existent. It doesn't know your dog's name or the book ideas you're passionate about. That's where Anne can support you.

The Process

Consult

Let's talk about your content or book ideas

Connect

We create stories from conversations

Create

Content that connects your business to its target audience

Ready to tell your story?

Agency Content Writer

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Specializing in: Ghostwriting books and Book Coaching

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