

### 31 Creative Freewrites

1. Daily log-observations: internal & external. i.e. a list, ideas, "Yesterday I noticed.....".
2. Yesterday I felt \_\_\_\_\_(color). Today I feel \_\_\_\_\_. Why?
3. Make a list of 8-10 stepping-stones events childhood through college/career. (or later)
4. Pick one stepping-stone event and write about it. What emotions did the actual event elicit? What emotions does the memory elicit? Are they the same or different?
5. Write a dialogue between yourself then and yourself now.
6. Describe your room when you were a child.
7. Describe your childhood best friend. What characteristics did he/she have? How long did you stay friends? What changed? When?
8. Write about the first movie you remember seeing.
9. Look around the room. Pick an object & describe it in detail without saying what it is.
10. Make a list of ten favorite foods. Write a metaphor for each.
11. Make a list of ten-disliked foods. Write a metaphor for each.
12. Write about your most embarrassing moment.
13. Write about your funniest moment.
14. Write about your saddest moment.
15. Write about your happiest moment.
16. Write about your most surprising moment.
17. Write about your most frightening moment.
18. Go back to your stepping-stones. For each event state what the music would be.
19. Describe your dream vacation or dream job.
20. Pick a room in your house and mentally re-decorate it opposite to your personal tastes. What does it look like?
21. Go to a park, mall or other public place. Write down four or five phrases of conversation you overhear from different people.
22. Sit in a perfectly quiet place. What do you hear?
23. Choose five natural objects from your yard or a park. Describe how each feels.
24. Visit a bakery. What do you smell? Do you have remember similar smells as a child?
25. Pick a fruit to eat-apple, orange, banana. Describe how it feels, smells and tastes.
26. Imagine what your pet is dreaming about.
27. When you are sick-what food do you crave?
28. Think of your immediate family or group of friends. What kind of animal would they be? Or plant? Or musical instrument?
29. Pick someone from history you have always admired. Write 3-5 questions you'd like to ask them.
30. What is your favorite dance? How does it make you feel?
31. Describe your first date. What did you wear, where did you go, what music did you hear, what food did you eat.

These exercises work well as warm-ups before your own writing project for the day, but can also be used for one of your characters to get to know them better.