

# Letters to myself

## A Month of Writing Prompts

Set aside 10-15 minutes a day, find a quiet spot, and grab your favorite pen. For each day, choose a prompt that jumps out at you. Feel free to skip around, or even revisit the same one twice. Try not to judge the quality of your writing; instead, focus on your curiosity. See where the writing takes you -- if you go off on a tangent, all the better! Enjoy spending this sweet time getting to know yourself.

XO  
GILLIAN

WEEK 1

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WEEK 2

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WEEK 3

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WEEK 4

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1. Write about a time that you felt the most "on purpose", the most "you."
2. What's something that made you angrier than you thought you'd be? Or the last time your anger surprised you?
3. What's something that people often get wrong about you?
4. What is something you recently learned about yourself?
5. Talk about a chance encounter that had a big impact on you.
6. What is the lesson you've learned over and over in your life?
7. Share the advice you often find yourself giving to others.
8. What's your biggest regret?
9. Your ideal regular day (whether a real day or made up).
10. Your favorite thing to wear, and why.
11. What's the first impression you want a new professional acquaintance to have of you?
12. What is the first impression you try to make on a date? (if you're not dating now, what has it been, and what do you think of that now?)
13. If you were introducing your favorite hobby to someone who wanted to try it out, what would you highlight to them?
14. What are you proud of in the past year?
15. What do people look up to you for?
16. What's something you've felt conflicted about lately?
17. An important indulgence
18. When you hear the phrase "small but important," what do you think of?
19. Write about a time you underwent a "trial by fire."
20. What do you consider the perfect unit of time?