

# 20 EXPRESSIVE WRITING PROMPTS

————— *an easy guide* —————



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20 Expressive Writing Prompts



**1**

Describe a moment in your  
life when you felt  
completely and  
unapologetically yourself.

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# 2

Write about a place that holds significant memories for you and explore the emotions tied to it.

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# 3

If you could have a conversation with your younger self, what advice would you give?



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**4**

Explore the concept of  
courage: a time when you  
faced fear and emerged  
stronger.

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# 5

Write about a dream or aspiration that you've been hesitant to pursue and the reasons behind it.

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# 6

Reflect on a personal setback or failure and the lessons you learned from overcoming it.

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# 7

Imagine a day in the life of your ideal self, living the life you've always envisioned.

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**8**

Describe a small, everyday moment that brought you unexpected joy.

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**9**

Write a letter to someone  
who has had a profound  
impact on your life,  
expressing your gratitude.

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# 10

Explore the role of forgiveness in your life and write about a time when you forgave someone or yourself.



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# 11

Describe a journey—either physical or metaphorical—that transformed your perspective.

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# 12

Write about a book, movie, or piece of art that deeply resonated with you and why it left a lasting impression.

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# 13

Reflect on a decision that changed the course of your life and how it shaped who you are today.

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# 14

Explore your relationship  
with time and how it  
influences your priorities  
and daily life.

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# 15

Write about a challenge you're currently facing and brainstorm potential solutions or coping strategies.

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# 16

Describe a place where you find solace and peace, and why it holds such significance for you.

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# 17

Reflect on a moment when you had to step out of your comfort zone, and the impact it had on your personal growth.



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# 18

Explore the concept of resilience and write about a time when you bounced back from adversity.

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# 19

Imagine meeting your future self and write about the wisdom and advice they would share with you.

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# 20

Write a letter to your future self, outlining your current goals, dreams, and aspirations.

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