
PROMPTS FOR PEOPLE WHO HATE PROMPTS

The Prompt Vault

Kills the blank page. A prompt for any night, whatever mood you're in.

- New? Start tonight with one prompt.
- Then pick by how deep you want to go.
- Or by how you feel that night.

HOW TO USE IT

START

LEVEL

FEELING

DEEP

Pick one. Set five minutes. Write whatever comes.

That's the method. Don't plan it, don't perform it. If it wanders, let it wander.

NEW TO THIS? START TONIGHT WITH THIS ONE

What was the most worth-remembering moment today?

Once that's a habit, use the pages that follow. Pick by how deep you want to go, or by how you feel.

START

LEVEL

FEELING

DEEP

Start where you can keep going.

LEVEL ONE · WHAT YOU DID

The lowest bar. No feelings, just the day. Do this one until it sticks.

- What was the most worth-remembering moment today?
- Walk today back, hour by hour. What actually happened?
- List every win, however small.

LEVEL TWO · THINKING & FEELING

Get the noise out. A thought on paper loses its grip.

- “Today is going to be a great day because...” then keep writing.
- What thought keeps circling? Write it down and read it back.
- What am I feeling, and where do I feel it?
- What am I avoiding, and what am I telling myself about it?

LEVEL THREE · GOALS & PLANS

Once your head's clear, aim higher.

- What do I actually want this year?
- What's the one goal that makes the rest easier?
- What's the smallest step I could take tomorrow?

START

LEVEL

FEELING

DEEP

Some nights need a different question.

WHEN IT FEELS HEAVY

Write it out

- Take the thing you keep carrying and write about it for fifteen minutes. No editing, no audience. Naming it on paper takes the charge out of it.

WHEN YOU FEEL NUMB

Go specific

- Name three small, exact things from today. Not “my friends,” but the one who showed up this week.

WHEN IT FEELS CONFUSING

Three lines

- What happened. What it meant. One small next thing.

START

LEVEL

FEELING

DEEP

Save these for when you have an hour.

Not daily prompts. Take one away from your phone and sit with it. This is where the direction of a life gets set.

- What would you want people to say about you at your funeral? Are you becoming that person?
- Picture you have everything you're chasing. What does an ordinary Tuesday look like?
- What do the next five years look like, and do they excite you?
- What are you already good at, and where could you point it?
- If nothing changed for a year, what would you regret not starting?

THE WANT-LADDER, WHEN YOU'RE NOT SURE WHAT YOU'RE CHASING

I want _____. Why? To get _____. And if I had that? Then _____. Keep pulling until you hit the thing underneath. It's rarely the money.

hey. quick thing before you close this.

you don't need all of these. you need one, tonight. the whole reason people quit journaling is the blank page, so we built you a door for every mood. pick one, set a timer, write badly. nobody's reading it but future you, and future you will be grateful you kept the record.

we'll keep adding to this over time, so it grows with you. run fast, run alone. run far, run with friends.

reply to your welcome email any time, we read every one. PEACE

Alex & Kush

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questions? just reply to your welcome email.