

VICTORIA'S  
*MAGNIFICENT*  
WRITING PROMPTS

# **JOURNALING**

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**Consider what Virginia Woolf says:**

**“If you do not tell the truth about yourself you cannot tell it about other people.”**

What do you think telling the truth means? What is truth?

How can you tell the truth about yourself? What truth do you need to tell about yourself?

**Write about an experience with someone you love that left you feeling hurt.**

How did you make it through the moment?

What did you decide to do?

What happened to the relationship?

**Write about a summer vacation or trip that was particularly memorable to you.**

What kinds of things did you learn about yourself?

**Remember a time when you felt angry. Write about what happened to make you feel angry.**

What did you do with your anger?

What could you have done differently?

What did you learn about your anger that you can use today?

# JOURNALING

**Are you worried about anything right now? Write about your worries—and what you can do about them.**

**What kinds of things make you feel better when you feel sad or disappointed or angry or afraid? How can you do more of these things?**

**Have you ever done something an adult told you not to do?**

Why did you decide to do it?

How did it turn out?

What kinds of consequences did you have?

**Have you ever met someone you thought was all bad, but they also showed you a surprising good side?**

How did they show you their “bad” side?

How did they show you their “good” side?

Do you think people are all good or all bad, or do you think they have a little bit of both good and bad in them? Why?

**Write about a time when you felt like you could only think sad, negative thoughts. What made you feel that way?**

**Now think about a time when it was easy to think happy, positive thoughts. What was going on in your life that made it easy?**

# JOURNALING

**Who is someone in your life who makes you feel comfortable being who you are?**

What can you do to help others feel comfortable being who they are?  
What does it mean to accept a person and not want to change them?

**Have you ever felt criticized before?**

How did it make you feel?  
What did it make you want to do?  
How did you remember you're magnificent (Because you are)?

**Do you have any favorite foods that remind you of home or things you do with your people?**

What are they?  
When do you have them?  
Write a short entry about a time you remember eating these foods with the people you love.

**Has anybody ever made you feel small? As in, less than you should be? As in, "I'm not worth much"? Write about that time.**

# JOURNALING

**What do you want to be when you grow up?**

Do the people in your life support this dream of yours?

If so, how?

If not, what would you like them to do?

**Have you ever done or said something you wish you hadn't done or said?**

**Write about it.**

**Have you ever wanted to say something that you didn't have the courage to say? Write about it. Did you ever find the courage to say it?**

**Did you ever make a plan for something that was completely squashed by your experiences and circumstances? Write about it.**

How did you feel?

How did you survive?

What did you learn?

**Has anyone ever read your personal journal without your consent?**

How did it make you feel?

What did you do about it?

**POETRY**

# POETRY

Think of one thing you would change about yourself. Now write a poem celebrating this wonder that is unique to you.

Consider an animal you like or know a lot about. Now write a poem about this animal, and list some of the things you know about it. End the poem with “Today I will be [whatever animal you picked]” or “This summer I will be [whatever animal you picked]” or maybe “Tomorrow I will be [whatever animal you picked] because today I’m fine being me.”

Imagine it’s 11:11. Write a poem about all the things you’d wish if time was magical.

Write a poem about time. What are some places where you want time to speed up? Where do you want time to slow down?

Imagine a surprising, scary experience that happened to you (like starting your period, maybe?!). Write a poem about all the thoughts that went through your mind in the moment.

Write an “I Am” poem. In it, list all the things that make you you. (By the way, these are all the things that make you magnificent).

# POETRY

Write a sarcastic, multiple-choice poem titled “Things I Like About \_\_\_\_.” For your choices (labeled (a) (b) (c) and (d)), be sure to list all the things you don’t like about this, and make one of the answers “Absolutely nothing.” Share with a friend.

Write a list poem titled “Things I don’t have time for (or interest in).” Make your list at least 20 items long. Go for longer if you have a lot of things you don’t have time for or interest in doing. They can be funny or serious.

Write a list poem titled “Things I Love About My Life.” Write all the things you love about your life.

Write a poem titled “The Best and the Worst: A paradox.” Now think of something that’s the best and something that’s the worst and compare/contrast them.

**OTHER**

## OTHER

Write a letter to yourself about something you were really worried about and that turned out just fine.

Write a short piece about what you think growing up is. How has it been difficult? How has it been easy? How have you noticed your relationships with the people in your life changing? How have they stayed the same?

Write a letter to something you'd like to go away in your life (like menstruation?!). You can make it angry, sarcastic, or really, really kind if you'd rather take the high road.

Write a short piece about something that perplexes you (like why it's called menstruation when it mostly happens to young women). Is there anything in the world that makes you think, "Why in the world is this like this?"

Write a short piece of complaint. It could be complaining about doing chores or cleaning your room or doing laundry or showering in a campground shower. Write about anything that annoys you and the questions you have about why you have to do it and whether or not it adds anything of value to your life or to the world.

## OTHER

Write a short (humorous or you'd like—or creepy if that's how you roll) story about something that is not alive. A stuffed animal, a pencil, a Womanhood Supply you're glad you'll never have to see again.

Write a letter to a part of your personality you love. Tell it all the reasons you love it.

Write a piece called “What’s In a Name?” Examine all the words in your name—or famous people with your name. How are you like or unlike the words you found in your name? How are you like or unlike the famous people with your name?

Think about an insult you got from someone in your life (like someone telling you that you have “chicken legs.”). Now write a short piece titled “Things that [insert insult].” For example, “Things that have chicken legs.” Or “Things that have a long, pointy nose” or “Things that are stupid.” (Notice it's not “people who are stupid.”) Now write a short list of things that have whatever the insult is. On the last line, write your name and scratch it out with one line.