



# 21 Stream of Consciousness Writing Prompts

BUILD THE HABIT OF DAILY WRITING

alanwatt 



# unlock the story within

Here's the paradox: Your story lives fully and completely within you, and yet your idea of your story is never the whole story. Therefore, the challenge lies in marrying the wildness of your imagination, to the rigor of story structure.

When you're feeling lost or stuck, these 21 stream of consciousness writing prompts offer a direct line to the primal forces driving your narrative, by bypassing your preconceived notions of what your story is about, and leading you to the truth of your characters' experiences.

Do these writing prompts for five minutes a day and you will notice how the mist starts to clear and you begin to see that your plot is simply the vehicle driving your protagonist inexorably towards their transformation.

*Alan Watt*



*“First love is only a little foolishness and a lot of curiosity.”*  
– George Bernard Shaw

## Day One

From the perspective of your protagonist, write for five minutes, beginning with the following line:

**“My first love was . . .”**



*“You don’t start out writing good stuff. You start out writing crap and thinking it’s good stuff, and then gradually you get better at it. That’s why I say one of the most valuable traits is persistence.”*  
– Octavia E. Butler

## Day Two

From the perspective of a major antagonist, write for five minutes, beginning with the following line:

**“One thing you still need to know about me is . . .”**

*“When you are pouring yourself into your work and bringing your unique perspective and skills to the table, then you are adding value that only you are capable of contributing.”*

*– Todd Henry*

## Day Three

From the perspective of your protagonist, write for five minutes, beginning with the following line:

**“I will be free when . . .”**

*“There are two ways of spreading light: to be the candle or the mirror that reflects it.”*

*– Edith Wharton*

## Day Four

From the perspective of a major antagonist, write for five minutes, beginning with the following line:

**“When I look in the mirror, I see . . .”**

*Write what disturbs you, what you fear, what you have not been willing to speak about. Be willing to be split open.”*

*— Natalie Goldberg*

## **Day Five**

From the perspective of your protagonist, write for five minutes, beginning with the following line:

**“What makes me angry is . . .”**

*“Perfection is not attainable,  
but if we chase perfection we can catch excellence.”*

*— Vince Lombardi*

## **Day Six**

From the perspective of a major antagonist, write for five minutes, beginning with the following line:

**“I used to believe that . . .”**

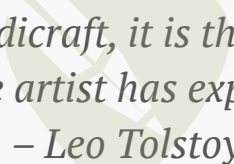


*“The first draft is just you telling yourself the story.”*  
– Terry Pratchett

## Day Seven

From the perspective of your protagonist, write for five minutes, beginning with the following line:

**“I have a habit of . . .”**



*“Art is not a handicraft, it is the transmission of feeling the artist has experienced.”*  
– Leo Tolstoy

## Day Eight

From the perspective of your protagonist, write for five minutes, beginning with the following line:

**“What breaks my heart is . . .”**

*“About no subject are poets tempted to lie  
so much as about their own lives.”*

*– Margaret Atwood*

## Day Nine

From the perspective of a major antagonist, write for five minutes, beginning with the following line:

**“The bravest thing I’ve ever done is . . .”**

*“You were born to win, but to be a winner, you must plan to win,  
prepare to win, and expect to win.”*

*– Zig Ziglar*

## Day Ten

From the perspective of your protagonist, write for five minutes, beginning with the following line:

**“The message I got from my mother was . . .”**

*“How vain is it to sit down to write when you  
have not stood up to live!”  
– Henry David Thoreau*

## **Day Eleven**

From the perspective of a major antagonist, write for five minutes, beginning with the following line:

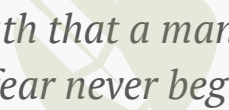
**“I couldn’t live without . . .”**

*“Suspense arises naturally from good writing—it’s not  
a spice to be added separately.”  
– Leigh Michaels*

## **Day Twelve**

From the perspective of your protagonist, write for five minutes, beginning with the following line:

**“I would be crushed if anyone knew this about me . . .”**



*“It is not death that a man should fear,  
but he should fear never beginning to live.”*

*– Marcus Aurelius*

## Day Thirteen

From the perspective of a major antagonist, write for five minutes, beginning with the following line:

**“Before I die, I am determined to . . .”**



*“A professional writer is an amateur who didn’t quit.”*

*– Richard Bach*

## Day Fourteen

From the perspective of your protagonist, write for five minutes, beginning with the following line:

**“My worst defeat was when . . .”**

*“Learning to write may be part of learning to read. For all I know, writing comes out of a superior devotion to reading.”*

*– Eudora Welty*

## **Day Fifteen**

From the perspective of your protagonist, write for five minutes, beginning with the following line:

**“I am envious of...”**

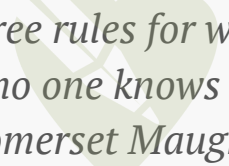
*No one can make you feel inferior without your consent.”*

*– Eleanor Roosevelt*

## **Day Sixteen**

From the perspective of a major antagonist, write for five minutes, beginning with the following line:

**“I shouldn’t feel this way, but...”**



*“There are three rules for writing a novel.  
Unfortunately, no one knows what they are.”*  
– Somerset Maugham

## Day Seventeen

From the perspective of your protagonist, write for five minutes, beginning with the following line:

**“The message I got from my father was...”**



*“Until you know who you are you can’t write.”*  
– Salman Rushdie

## Day Eighteen

From the perspective of a major antagonist, write for five minutes, beginning with the following line:

**“I am tired of pretending that...”**

*“The power of language, it seems to me,  
is the only kind of power a writer is entitled to.”*  
– Cynthia Ozick

## Day Nineteen

From the perspective of your protagonist, write for five minutes, beginning with the following line:

**“The worst crime I ever committed was...”**

*“I believe myself that a good writer doesn’t really need to be told  
anything except to keep at it.”*  
– Chinua Achebe

## Day Twenty

From the perspective of a major antagonist, write for five minutes, beginning with the following line:

**“I have unrealistic expectations of...”**

*A writer is someone for whom writing is more  
difficult than it is for other people.”*

*– Thomas Mann*

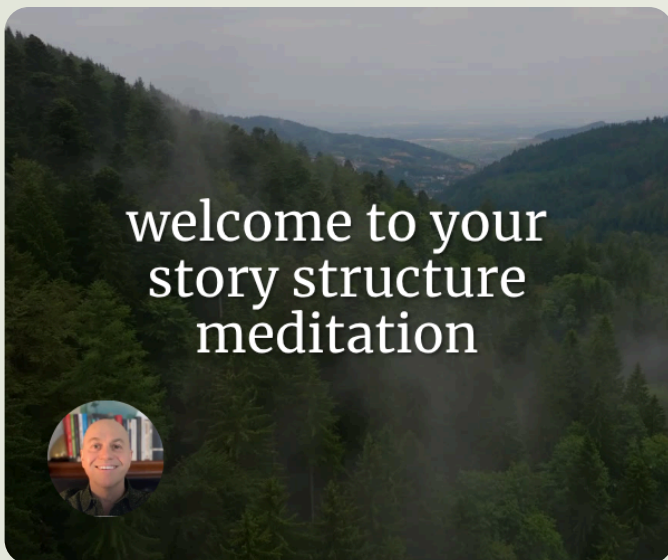
## **Day Twenty-One**

From the perspective of your protagonist, write for five minutes, beginning with the following line:

**“The most cowardly thing I’ve ever done is...”**



Congratulations! Keep writing every day.  
Join my FREE [writing challenge](#).



### **Ready to outline your story?**

Join me in this one-hour guided story meditation.

Enter a state of deep relaxation and let me guide you through your character's journey as you create a compelling outline.

GET THE MEDITATION