

*Poetry Prompt
Journal*



*30 Days Of Poetry
Prompts*

30 Day Poetry Prompt Journal

2020 Edition

Local Gems Press

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Day 1: A Choice

Write a poem about a choice you or someone made, and the following consequences, good or bad, that happened as a result of that choice.

Day 2: Floating

Imagine you are floating, either on the water, or floating/flying in the air. What do you see, what do you feel?

Day 3: Mind Over Matter

With the right mindset, many things become much more possible. Write about a time a change in your mental state changed the outcome.

Day 4: Connection

Write a poem about a connection you have with someone else, or something else. Perhaps touch a bit on the new ways we can stay connected in the 21st century through technologies.

Day 5: Isolation

Isolation comes in many forms. You can even be isolated in a crowd. Write a poem about a time you felt isolated.

Day 6: Helping Hand

No one in this world accomplishes anything without help in some form. Write about a time you gave or were given a helping hand.

Day 7: One Long Sentence

Write a poem that takes the form of one long ongoing sentence. It should be roughly one paragraph long.

Day 8: Ode To The Mundane

Write a poem about an ordinary everyday object as if it was something absolutely amazing.

Day 9: Potential

Everyone has potential. Most of us only realize a portion of it, but are capable of so much more. Write a poem about potential that was realized, or unrealized.

Day 10: Box In The Attic

You never know what you will find in an old box in the attic, or the basement. Write a poem about a discovery of something in such a way that meant something to you.

Day 11: Found Poem

Open to a random page in a book off the shelf. Find a phrase or a series of words on the page and use them for the inspiration for your next poem.

Day 12: Homemade Food

"Just like mother used to make..." write a poem about a homemade dish someone in your family made for you or taught you how to make. If there is a special story behind the dish, all the better.

Day 13: The Silver Lining

Even in the worst of times something positive can be found if one looks hard enough. Write a poem about the silver lining in a bad situation.

Day 15: Getaway

Sometimes we all need to get away for a little while to recharge. It can be a vacation spot, somewhere in nature or even a place on your own property. Write a poem about your special getaway.

Day 16: Bad Advice

Write a poem about one of the worst pieces of advice you ever heard.

Day 17: Habits

They say that our habits make or break us. They can be helpful or hurtful. Write a poem about a good or a bad habit you or someone you know has.

Day 18: 5 Words, 5 Lines

Write a 5 line poem, each of the 5 lines should have 5 words, for a poem that is a total of 25 words.

Day 19: 2 Stanzas With A Friend

Sometimes 1 plus 1 can equal 3 with a good collaboration. Write the first half of a 2 stanza poem, then have a friend finish the poem by writing the second stanza. Do it the other way too with you finishing a poem they start.

Day 20: The Other Point Of View

Write a poem about a point of view that differs from yours. One of a writer's greatest gifts is to get into the minds of others.

Day 21: A Difficult Kindness

Sometimes those who are hardest to be kind to are the ones who need it the most. Write a poem about a time you or someone was kind to someone who was making it difficult to be so.

Day 22: A First Time

First kiss, first love, first drive, first poem, first baseball game, etc, etc. Our firsts hold a special place in our hearts. Write a poem about a first time you did something.

Day 23: A Lament

Write a poem that takes the form of a lament. It can be a lament of a lost love, a lost person, a time that is lost, a reflection on something you wish had turned out differently, or any kind of lament you can think of.

Day 24: Rhyming Couplets

Write a poem that consists of nothing but rhyming couplets. The poem can be as short or as long as you want it to be.

Day 25: Prose Poem

Write a prose poem in a style similar to that of Walt Whitman.

Day 26: A Goal You Achieved

Write a poem that celebrates a goal you once had that you eventually realized.

Day 27: Repeating Letter Poem

Pick a letter of the alphabet and write a poem where each line starts with that letter, try to have as many words in the poem start with the same letter as well.

Day 28: Question Poem

Write a poem that is comprised entirely of a list of questions. It can be as long or as short as you want.

Day 29: Response Poem

Write a poem that is a response to one of your favorite poems. It can be a famous poem, or a poem a friend wrote, whatever strikes your fancy.

Day 30: Misremember Poem

Sometimes we remember things differently than they actually happened. Write a poem about a time you or someone you know remembered something a different way than it actually happened.



Local Gems Poetry Press is a small Long Island based poetry press dedicated to spreading poetry through performance and the written word.

Local Gems has published over 200 titles.

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