



30 DAY WRITING CHALLENGE



1 Share a story from your childhood.	2 Write about your worst or best teacher.	3 Spill your brain - write whatever you're thinking	4 Share the story about falling in love.	5 Tell a story about an act of kindness.
6 Write a post on how you stay inspired	7 Share a memory of your best friend.	8 Write a top 3 things you learned last month.	9 Spill it - write about what keeps you up at night.	10 Write about your first job and what you learned.
11 Write a review of the last book you read.	12 Share your self care ideas - what works for you.	13 Write about your favorite quote.	14 Write about the details of your morning routine.	15 Write about your favorite travel experience.
16 Write out your bucket list in detail.	17 Write about your biggest success in life.	18 Write about a time you told a lie and got caught.	19 Write about a place you love.	20 Write "10 things you don't know about me"
21 Write your favorite recipe and where it came from.	22 Write about your favorite day and why you chose it.	23 Write about 5 things you can't live without.	24 Write about your greatest struggle right now.	25 Write a story about the best advice you ever received.
26 List everything you need to live on a deserted island.	27 Write about a time when you felt like giving up but didn't.	28 Write about your favorite person in history.	29 Write about your biggest regret in life.	30 Share what motivates you and why.