

Here and Now Writing Prompts

WRITING 1

“Today will be a great day if...”

Write about flavors.

Write about less versus more.

WRITING 2

Think of all the personal technology in your life, such as computers, email, chat, social media, smartphones, apps, AI, instant news, online shopping, dating, everything. Write about the role and impact of these technologies in your life, relationships, and work.

Consider this quote from Thich Nhat Hanh: “When you love someone, the best you can offer is your presence.”

Where are you now? How did you get here? Where are you heading? Why?

WRITING 3

Write about hard conversations.

Remember a time or instance when you were wrong—in your beliefs, ideas, approach, communication. Write about it.

What’s cool?



7 July 2026

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