Your next page

Twelve prompts. Pick one. Skip around. Your pages, your call.

01

What is taking up space in your head?

A list, a rant or three words. Start wherever you want.

02

One thing you wish you could say out loud.

Write it here. You do not have to send it to anyone.

03

What did you need today?

More time? A laugh? Someone to listen? Something else?

In your own words

You can write a sentence, draw something or use the whole page.

04

When did you feel most like yourself today?

Think of a moment, a person, a place or something you made.

05

What took more energy than you expected?

What might make that part of tomorrow easier?

06

Who can you be yourself around?

What is it about being with them that feels different?

The bits worth keeping

There is no need to make it sound impressive. Make it yours.

07

What have you changed your mind about?

You are allowed to have a new opinion.

08

Give today a playlist title.

Add three songs that fit. Or invent your own track names.

09

Something you are proud of that nobody noticed.

It counts, even if nobody clapped.

Room for tomorrow

You do not have to solve everything before you put the pen down.

10

What do you want more of this week?

And what would you happily have less of?

11

What can wait until tomorrow?

Not everything needs an answer tonight.

12

Leave a note for your future self.

No grand advice required. Just something worth remembering.