

# The Spark Prompt Pack

For brains that want to write... but also kinda don't

This isn't your average 'Dear Diary' nonsense.

These prompts were built for brains that wander off mid-thought and come back three days later wondering what year it is.

You can use these:

- In the morning instead of doom-scrolling
- When you're stuck and spiraling
- As a low-pressure way to feel productive without actually doing dishes

No pressure to go deep. No word count goals.

Just pick a question and see where your brain goes.

## ■ Brain Warm-Ups

- If my brain had a volume knob, what would I turn up or down today?
- What's one thing I've been avoiding that I could survive doing for 5 minutes?
- If my to-do list had a theme song, what would it be?

## ■ Spark Starters

- I feel most like myself when I'm...
- If I had more energy today, I might...
- The last time I felt truly 'on' was when...

## ■ Chaos Decompressors

- Right now, my brain feels like...
- What's one thing I can take off my plate (or just shove off the table)?
- If I gave myself permission to quit one thing, it would be...

## ■ Low-Pressure Reflections

- One thing I handled surprisingly well recently was...
- Something I'm curious about but haven't explored yet is...
- One small thing I want to try this week is...