

Write Without Rules: Journal Prompts for Reluctant Writers

These low-pressure, choice-based prompts are designed for middle and high school students who need freedom and fun to get words flowing.

 **Instructions: You're in charge here. Cross out any prompts you don't like or don't feel like doing. Pick one that feels fun, weird, or interesting—and go with it! There are no rules.**

1. Write a list of unpopular opinions and defend one of them.
2. Describe your ideal day with zero responsibilities.
3. Invent a conspiracy theory about something totally ordinary (like toothpaste).
4. Write a scene using only dialogue—no narration.
5. Start with the line: 'Nobody was supposed to find out, but...'
6. Create a character based on a random object in your room.
7. Make a list of rules for surviving middle/high school—be brutally honest or totally ridiculous.
8. Write a letter to your future self 10 years from now.
9. Tell a story in reverse, starting with the ending and working backward.
10. Write a journal entry from the point of view of your pet or favorite animal.