

# Happy National Poetry Month!

Here are 30 Free Writing Prompts by Megan Falley



1.

What is a problem that you are struggling with, that you need spiritual, artistic, or practical guidance for? Who would be the best person to mentor you in that way? Then, become the person you need to get advice from. Write down what it is you need to hear to prosper. (For a little inspiration, check out Marge Piercy's, "For the young who want to".)

2. Think of a time of life where something was different for you. Maybe you are a brunette who was blonde for a summer, maybe there were six weeks you were on crutches, maybe you were vegan for a year or depressed for two. Write a memoir-type poem for the time you were different than you are now.

3. Dan Savage talks about "the price of admission," meaning the things you will pay to be with somebody, or refuse to pay to be with somebody. For instance, maybe the love of your life NEVER does the dishes, but that's not a deal breaker that's their price of admission. Perhaps you could not date a smoker; you are unwilling to pay a smoker's price of admission. Write a poem that's either about a price of admission you pay/have paid/refuse to pay for a loved one, or what price of admission YOU charge your relationships.

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4. What is something you've always wanted, but never went for? Pink hair? An open relationship? A college degree? A person, or job? Write a poem unpacking why. (Also bonus points if you go ahead and do it.)
5. Write a poem where the title is one of the seven words the Trump administration banned from the CDC and say the word a LOT. Banned words are: fetus, vulnerable, diversity, transgender, science-based, evidence-based, and entitlement.
6. Write a poem to a newborn, explaining to them what they most need to know about the world.
7. Write a poem that will cross someone over from life to death.
8. What would your role in the apocalypse be? Write a poem from the perspective of you as that role in the new world.
9. Write a poem about a meaningful nickname whether it's a mean one or a loving one. Go deeper.
10. Begin a poem that begins with the line, "the worst part was..."



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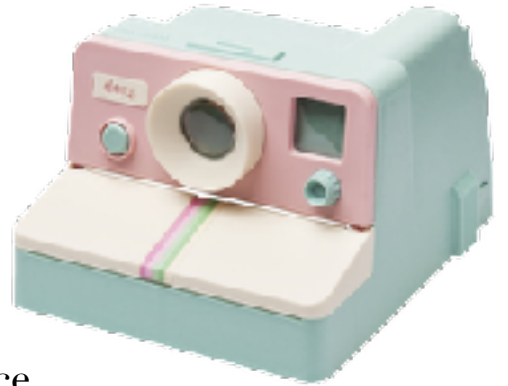
11. Become the translator of your own idiosyncrasies. For me, when I begin to clean out my wallet in public, it signals that I'm angry but trying not to be attempting to create organization and control amidst the chaos. What does it mean when you eat mac and cheese, or go to the liquor store, or lace up your running shoes? What does it mean when you call your father or water the plants or dye your hair? What the reason behind the thing? Translate your life for us.
12. Write a "how to" poem, but for something you're NOT good at. Like, rather than "how to keep the peace at family dinner" you could write, "How to ruin Thanksgiving 2017." I guess it's sort of like "How to Lose a Guy in 10 Days" - "How to Never Go on a Third Date", "How to Not Keep It Cool In Public." Have fun!
13. Title your poem with, "Sometimes I Wish I Never \_\_\_\_\_."
14. What is the biggest difference between you and your partner? You and your best friend? You and your family? You and your co-workers? Write an ode to that thing.
15. Go to google. Search "Facts about \_\_\_\_\_." Fill in your own blank. Facts about flowers. Facts about words. Facts about babies. Facts about animals. Facts about space. Whatever it is. Find something that moves you, then write a poem where you center that fact.

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16. Write a poem about something you learned from television.

17. There's a term in holistic veterinary called "Never the Same Since" meaning an animal's behavior or body changed after a particular incident. Write your poem about the event that happened from whence you were never the same since.



18. What are some evocative objects in your bedroom right now? Write a self-portrait poem as that thing. Self-portrait as a box of love notes (I like that). Self portrait as a never-set clock. Self portrait as a lone sock forgotten in a dusty corner beneath your bed.

19. What was your family's biggest values? Normalcy? Honesty? Not having feelings? Write an ode to that thing.

20. What are you the patron saint of? Friendship? Being late? Coffee? Public meltdowns? Write that poem!

21. What is a song you can only associate with one person? Tell us more. Why? What do you feel when you hear it now? What happened?

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22. What is a place you can only associate with one person? What routes do you take to avoid that place? Paint it.
23. I love poems about people's jobs. Write a poem about the worst job you've ever had. Or write a poem about the best job you've ever had. It doesn't have to describe the entire history in that career either, it could just be a small, poignant moment that took place at the water fountain, or in the break room.
24. Write a poem called "Why I Hate \_\_\_\_\_" but let the reason for your hate be surprising. For instance, I HATE the DMV, but not because of the historically painful long lines, but because I don't like to watch people dislike photos of themselves or lie about their weight, and I don't necessarily like getting asked about my weight or having my photo taken so sterile-like either. (Look up "Why I Hate Raisins" by Natalie Diaz.)
25. Find the nearest book of poetry to you. Pick it up. Close your eyes. Ask the universe to send you a poem. Flip through the book and land on a random page, as if spinning a globe and landing your finger on where you should travel. The first line you land on is your line. No matter what you landed on. Don't go looking for a new one, a perfect one. This is your perfect line.

The nearest book to me is "The Gift" by Hafiz. My line? "Let's plot to make the moon jealous"



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26. Write a poem with the intent to make something jealous. Bonus points if it's something inanimate. Can you make your shower jealous? Your closet? The dial on your car radio?
27. What is the kindest thing someone could say to you? Why?
28. Write a love poem for someone who doesn't get love poems.
29. What is something you feel like no one EVER writes or talks about that you NEED someone to write or talk about? Go write it!
30. Read Marge Piercy's "For the young who want to" and then write a poem that details the kind of writing advice you need.

## BONUS PROMPT:



Print out these prompts, take a black sharpie marker, and create an erasure out of what's here. If you do this -- please send it to me! Or tag me in any of your poems on instagram: @meganfalley, twitter: @megan\_falley, or facebook: /meganfalleypoetry.

<3 MEGAN FALLEY.