



Alchemy Daily

*30 days of
writing prompts,
inspiration & magic...*

...from The Word Cellar

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*30 days of writing prompts,
inspiration & magic*

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Thank you.



~Welcome~

Hello, creative soul! Welcome to *Alchemy Daily*, 30 days of writing prompts & inspiration.

As you approach each prompt, I invite you to respond to it in the way that feels right to you. Give yourself permission to write just a few words, a few sentences—or to fill up several pages. It's up to you. There are no rules or quotas here, just the opportunity to play with words and create on your own terms. Maybe you'll be prompted to start a story, an essay, or a poem that you'll continue to work on. Or maybe you'll simply use these prompts as writing practice. You can think of this practice in two ways: as a musician practices her scales in order to improve her art, and as a regular practice such as meditation.

Either way, this is your chance to allow yourself to write without fear or judgment.

As you respond to each prompt, allow yourself to go where the muse takes you. You're allowed to go off-topic. (In fact, I hope you will as the creative juices start to flow!) I also hope you'll give yourself permission to *not* use a particular prompt if you're not feeling it or just need a break that day. Remember, you can always revisit a prompt later. (You might even surprise yourself by writing very different things if you respond to a prompt more than once.) I encourage you to stretch yourself and see where these prompts can lead you.

The other week I started writing a new essay, the first new piece I'd written in months. It felt good to be writing, but the writing itself wasn't going so well. I felt slow and rusty, like I couldn't hear what I wanted to say or find the words to say it. I was experiencing a lot of resistance. First there was the resistance that had kept me from sitting down to write. And then, when I finally *did* sit down and start stringing words together, there was more resistance, a

feeling of my own mind pushing back at me, telling me that this was just too hard! I've felt this before, and I knew that the only way to break through this kind of resistance is to keep writing. (Starting is usually the hardest part for me, as I've written about over [here](#).)

If you experience similar resistance as you start to write for the first time or the first time in a long time, I just want you to know that it happens to a lot (probably all) writers, and that it's a natural part of the creative process. I encourage you to keep going. Don't let the resistance discourage or defeat you. Keep putting one word after another, even if it's hard. It will become easier and more enjoyable if you really want to write. That doesn't mean you'll never encounter resistance again, but the next time you'll know how to look it in the eye and keep going.

You can work through *Alchemy Daily* for thirty consecutive days, do one prompt a week, or choose a rhythm that feels good to you.

May your days be filled with the joy and wonder of living a creative life.

Cheers,
Jenna

p.s. I hope you'll visit me in [The Word Cellar](#) soon!



Prompt 1

Look out the nearest window. Describe what you see.

Suggestions: How vivid and detailed can you make your description? Can you expand beyond sight and use the other four senses: smell, taste, touch, and sound? (Try opening the window or imagining that you're outside.)

What if the scene outside your window isn't very interesting? That's okay. Try describing it anyway and see if you can notice something new or surprising. Or, consider how you could embellish the scene at hand. (*Hint: You're allowed to make things up!*)



Prompt 3

Finish this sentence and see where it takes you: "The thing I never told you was...."

Write as if your blood is made of fire, as if your heart is a vessel to carry all of humanity.

~Shann Ray (winner of the Bakeless Prize in Fiction, quoted in *Poets & Writers*, May/June 2011)



Prompt 8

Describe a bird in flight.

Suggestions: What kind of bird is it? Where is it flying? How does it fly? What does it look like? Sound like? Does it make you think of anything else? Remember anything? Wish for anything?

On Tuesday, she woke up and realized she had forgotten the definition of the word 'Impossible.' She decided it must not have been important.

~#230 from *The Persistence of Yellow: A book of recipes for life* by Monique Duval