

IMPULSE WRITING

Put your pen to paper and write about one of the following topics. Allow your words to play freely on the page. Listen to the topic's heartbeat. Follow your impulses and the sounds, rhythms, colors and textures of the topic. Follow the trail of your wandering thoughts. Let things connect and move you forward.

- Taking a road trip
- Your favorite TV show or movie
- Looking for something you've lost
- Your most embarrassing moment
- A quote or song lyric that grabs you
- Your ideal Saturday
- Thunderstorms
- Eating a favorite meal
- Something unexpected but enjoyable
- Something you did that took courage
- A favorite photograph or painting
- What's in your diary/ wallet/ purse
- Bottles, jars and buttons
- Your collection of...
- Books
- Time and clocks
- An interesting piece of mail
- Your first...
- Fall leaves
- Snow
- Beginnings or endings