



Welcome to your personal 30-day writing challenge! **Write Every Single Day.** A consistent thought echoed by Stephen King in his book 'On Writing: A Memoir'. He believes in consistency over talent and so do I.

This plan is designed to help you build a consistent writing habit, spark your rational and descriptive creativity as well as sharpen various aspects of your writing craft. Whether you're working on a memoir, a how-to guide, blog posts, articles, or just want to get words on the page, daily practice is your most powerful tool.

Consistency, not perfection, is the goal here. Don't worry about writing masterpieces. Just focus on showing up and putting words down every single day.

How to Use This Planner:

1. **Set a Daily Time:** Dedicate a specific time each day (even 15-30 minutes) to this prompt. *Mornings are preferred when things are quiet and not yet taken over by the daily grind but more important is what time works for you.*
2. **No Self-Censorship:** Write whatever comes to mind. Don't edit as you go. *Just focus to get the words out.*
3. **Quantity Over Perfection:** The aim is to build a habit and explore new topics, not to produce a polished piece every day. *You can track word count if you wish to but don't hold that as a meter to define your progress. Showing up itself is progress!*
4. **Embrace the Prompt:** Use the prompt as a jumping-off point. Let your creativity, real life experiences, and insights flow. *If you feel strong on a different topic on any topic on a particular day, go ahead. There is no penalty for not following a topic mentioned in this plan!*
5. **Review:** At the end of each week, take a few minutes to read through what you've written. Notice any patterns, strengths, or areas you'd like to explore further. *Do not share for external feedback.*

The 30-Day Writing Prompt Plan

Week 1: Foundations & Observation

- **Day 1: Expert's Eye:** Describe any routine activity you perform daily (e.g. making coffee, office commuting, checking email, cooking for family etc) as if you were explaining it to someone from another planet. Focus on the 'why' and 'how.'
- **Day 2: Micro-Lesson:** Explain a simple concept or skill you know well (e.g. how to tie a specific knot, how to make a perfect omelette, how to save a file on your computer) in under 150 words.
- **Day 3: The Story Behind the Object:** Choose an object in your home or office. Describe its history, significance, or the story of how it came to be with you.
- **Day 4: Explaining a 'Why':** Pick a common behaviour or trend you've observed (e.g. Why people love a certain type of food, why a particular app is popular).
- **Day 5: Defining a Term:** Choose a complex term from your area of interest (e.g. 'blockchain,' 'cognitive bias,' 'supply chain resilience', SEO etc). Define it clearly so a beginner can understand.
- **Day 6: Process Breakdown:** Describe a process you're familiar with (e.g. how a bill becomes a law, how to plan a project, how is bread made etc) step-by-step.
- **Day 7: Three Angles:** Choose a topic you're passionate about. Write three different opening sentences for an article or essay on that topic, each with a different hook (e.g. a fact, a question, a personal anecdote).

Week 2: Research & Argumentation

- **Day 8: Mini-Bio:** Write a short, compelling biography (100-150 words) of someone you admire, focusing on what makes their life or work significant.
- **Day 9: Problem & Solution:** Identify a small problem you or others face regularly. Propose three potential solutions and briefly explain each.
- **Day 10: 'If I Had to Explain...':** Imagine you have 2 minutes to explain your book's core concept or your area of expertise to a complete stranger. Write down what you'd say.
- **Day 11: Debunking a Myth:** Choose a common misconception or myth related to your field or a general topic. Briefly explain the myth and then provide information to debunk it.
- **Day 12: Learning Reflection:** Describe something new you learned recently. How did you learn it, and what impact has it had on your understanding or perspective?
- **Day 13: Internal Debate:** Write a short piece exploring two opposing viewpoints on a topic you're interested in. Present both sides fairly.
- **Day 14: The Expert Interview (Imagined):** Write down five questions you would ask an expert in your field. Now write their imagined answers.

Week 3: Structure & Clarity

- **Day 15: A Place of Inspiration:** Describe a real-world place that inspires you or helps you think clearly. Focus on how its features contribute to that feeling.
- **Day 16: The Challenge I Faced:** Describe a real-life challenge you overcame. Focus on the steps you took, and the lessons learned.
- **Day 17: The Impact of a Quote:** Choose a meaningful quote. Write about what it means to you and how it relates to a real-world situation or concept.
- **Day 18: Before & After:** Describe a 'before and after' scenario related to a skill, habit, or situation (e.g. before and after learning to manage time or before and after adopting a new technology).
- **Day 19: Explaining a Chart, Graph:** Imagine you have a simple bar graph or pie chart. Describe what it shows and what conclusions can be drawn from the data.
- **Day 20: The Forgotten Principle:** Think of a fundamental principle or rule in your field that people often overlook. Explain why it's important and what happens when it's forgotten.
- **Day 21: Case Study Snapshot:** Briefly describe a real-world example or case study that illustrates a point you want to make in your writing.

Week 4: Audience & Voice

- **Day 22: Tailored Explanation:** Explain the same complex concept to two different audiences: first, to a 10-year-old, and second, to a university professor.
- **Day 23: The Call to Action:** Write a short paragraph designed to persuade someone to take a specific action related to a non-fiction topic (e.g. sign up for a newsletter, try a new habit, learn a skill).
- **Day 24: 'What If':** Take a current event or societal trend. Imagine one key factor changed. Write a short piece exploring the potential new outcome.
- **Day 25: A Moment of Clarity:** Describe a real moment when a complex idea suddenly became clear to you. What led to that 'aha!' moment?
- **Day 26: The Power of Three:** Write a short piece that incorporates three seemingly unrelated facts or statistics and then connect them to make a larger point.
- **Day 27: Addressing an Objection:** Think of a common objection or counter-argument people might have to a point you want to make. Write a paragraph addressing and refuting that objection respectfully.
- **Day 28: Endings:** Write three different concluding paragraphs for an essay or article about the benefits of lifelong learning. Each ending should have a different tone (e.g., inspiring, practical, reflective).

Bonus Days: Review & Next Steps

- **Day 29: Reflect & Learn:** Look back over your 28 days of writing. What topics did you enjoy writing about most? What felt challenging? Did you get stuck with any topic? Did you dislike any topic strongly? What new insights or arguments did you uncover?
- **Day 30: Your Next Step:** Based on your reflection, write down one concrete next step for your non-fiction writing journey (e.g., 'start outlining my non-fiction book idea,' 'focus on simplifying complex ideas,' 'research a new non-fiction topic').

Congratulations on completing your 30-day writing journey!

If you finished the prompt without skipping a day, you've built consistency, explored new ideas, wrote on something you never thought on writing, forcing you to think and open your mind.

Good Luck!