

Writing Prompts for Notes from An Anonymous American Mom

- Write a letter to your future self. Think about your life in America, right now, and share everything you can from personal life to current events (how and if they coincide).
- Write a letter to your child.
- Imagine you're writing to your sister or your best friend who is living outside the country. Update them about your life.
- Write a letter to someone who has passed away. Update them on your life.
- Write a letter to me. Imagine I'm a distant cousin you haven't written to in a long time. What can you tell me about your American life?
- Write a diary entry about your day, week, or year.
- Write a scene about something that happened this week.
- Write a timestamp or captain's log. (Ex. 6:00am woke, 6:10am doom scrolled, 6:20am ate toast)
- Write a list of pros and cons about your day or week.
- Write an essay or a poem about something you're passionate about.

5-10 minute write:

Write for 5-10 minutes (without stopping) on any of the following topics.

- Write about something that bothered you in the past week or month.
- Write about something great that happened to you in the past week or month.
- Pick a current event and write down some thoughts on if/how it impacts you and your family.

Notes from an Anonymous American Mom
Community History Project Prompts

- Write about something or someone you believe in - and how that helps you in difficult times.
- Write to me about your greatest fears and where/how/if you are finding joy.

First lines:

Set a timer for 15 minutes and start with one of these first lines...See where it goes.

Today was...

You wouldn't believe this...

One thing I hope for my child (children)...

Dear mom...

Dear Dad...

Hey, Sis....

I did not need...

I did need...

This week was...

I wish...

I just...

Submit notes via the online form at <https://www.erinemoulton.com/notes-from-an-anonymous-american-mom/> or by emailing Americanmomnote@gmail.com