Poetry Prompt Journal

30 Days Of Poetry Prompts

30 Day Poetry Prompt Journal

Local Gems Press

30 Day Poetry Prompt Journal

Table of Contents

15 Topics

Prompt 1: Beginnings

Write a poem that starts with one of the following beginning lines:

"When you meet a stranger…"
"I often wonder how I got here…"
"I didn't expect it to happen this way…"

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Prompt 2: Endings

Write a poem with one of the following ending lines:

"It wasn't supposed to happen this way."
"I learned my lesson."
"And that's all I know."

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Prompt 3: List Poem

Write a poem that takes the form of a list.

It can be a shopping list, a list of items, a list of thoughts, a list of friends, a list of chores a list of things you want to do, a list of things you have done, or any other list you can think of.

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Prompt 4: Found Poem

Open your favorite book, or watch your favorite
movie/television show. Pick a passage or a bit of
dialogue/monologue that intrigues you and rewrite it.

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Prompt 5: Letter Poem

Write a poem that takes the form of a letter. The letter could be to your future self, a letter to your past self, a letter to someone else, a love letter, a hate letter or a letter to an animal.

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Prompt 6: Dream Poem

Think about a dream you had either recently or one
that sticks out and write a poem about it with as much
detail as you can remember Or think about a dream
someone else told you about, and write a poem as if
you had the dream yourself.

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Prompt 7: Dialogue Poem

Write a poem that is entirely written in dialogue--
conversation between two or more people. It can be
either a discussion, an argument, talk of something
nostalgic or anything else you can think of.

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Prompt 8: A Rumor You Heard

Remember a rumor you heard in school, recall a rumor you heard recently, or make up a rumor entirely. Write about it in a poem.

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Prompt 9: History

Think about a day, a period or a specific event from history and write a telling of the historic event in poetic form. It can be either a well known event or a personal event from a family history.

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Prompt 10: Color

Think about your favorite color or a color that stands out to you. Write about how it appears on a piece of furniture, a piece of clothing, or write about what makes it stand out.

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Prompt 11: Nostalgia

Nostalgia hits all of us from time to time. Why not write about it? Write about something you are feeling nostalgic for, an old friend, a time of your life, a year of school or anything else that comes to mind.

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Prompt 12: Rant

Writing can be great therapy and we all have things that move us to words. Sometimes it is healthy to get it out. Write a poem that takes the form of a rant—about any topic that moves you to do so.

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Prompt 13: Art Inspired

Poetry has often drawn its inspiration from artwork. Pick a piece of artwork hanging on your wall, from an art history book or any piece of art that you find intriguing and use it as inspiration for a poem.

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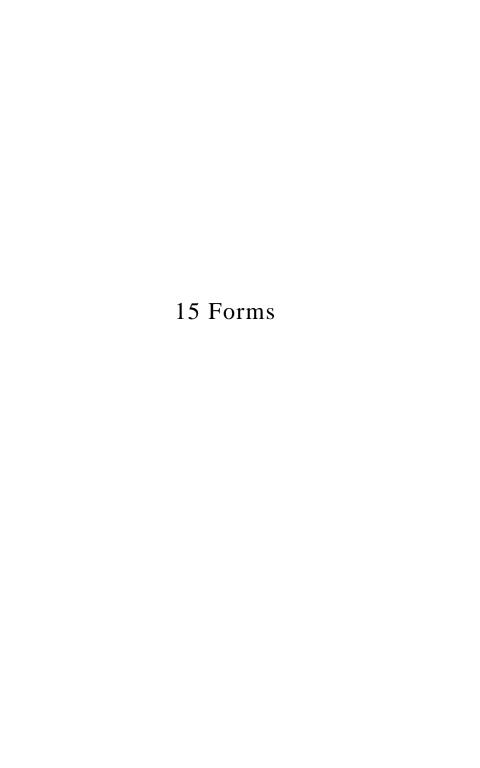_____

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Prompt 14: Music Inspired

Poetry and music have been intertwined for over a thousand years. Some people say that all lyrics from great songs are poetry. Use one of your favorite songs or instrumentals as inspiration for a poem.

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Prompt 15: Cliché

Some people say that clichés are clichés for a reason. What are the origins of a well-known cliché? Write a poem about a cliché that is on your mind and how it came to be.

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15 Forms

Prompt 16: Haiku

Haiku is one of the most important form of traditional Japanese poetry. Haiku is, today, a 17-syllable verse form consisting of three metrical units of 5, 7, and 5 syllables. In English, a Haiku can be any poem that is 17 syllables or less in length regardless of line length.

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Prompt 17: Sonnet

The sonnet is a popular classical form that has com-
pelled poets for centuries. Traditionally, the sonnet is a
fourteen-line poem written in iambic pentameter.
There are several different types of sonnets but the
most popular in western culture currently is the
Shakespearian Sonnet which follows this rhyme
sceheme:

A
B
A
B

C
D
C
D

E
F
E
F

G
G

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Prompt 18: Drabble

A drabble is a form poem that is relatively simple. A drabble contains exactly 100 words, no more and no less.

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Prompt 19: Triolet

A Triolet is a French poetic stanza form of 8 lines,
traditionally in iambic pentameter.

A
B
a - Rhymes with 1st line.
A - Identical to 1st line.
a - Rhymes with 1st line.
b - Rhymes with 2nd line.
A - Identical to 1st line.
B - Identical to 2nd line.

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Prompt 20: Sestina

A complex French verse form, typically unrhymed,
with six stanzas of six lines each and a three-line
envoy. The end words of the first stanza are repeated in
a different order as end words in each of the subse-
quent five stanzas; the closing envoy contains all six
words, two per line, placed in the middle and at the end
of the three lines. The patterns of word repetition are as
follows, with each number representing the final word
of a line, and each row of numbers representing a
stanza:

    1 2 3 4 5 6
    6 1 5 2 4 3
    3 6 4 1 2 5
    5 3 2 6 1 4
    4 5 1 3 6 2
    2 4 6 5 3 1
    (6 2) (1 4) (5 3)

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Prompt 21: Acrostic

An acrostic poem is a simple form poem in which the first letter of each line spells out a word. For example

Acrostic poems
Contain within each first letter
Representing a word arranged
On purpose for poetic value
Specifically to show
The value a word can possess
In using each fist letter
Consciously

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Prompt 22: Limerick

A Limerick is a 5 line poem typically of comedic value with a rhyme scheme as follows:

A
A
B
B
A

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Prompt 23: Ghazal

A traditional Ghazal consists of five to fifteen couplets, typically seven. A refrain (a repeated word or phrase) appears at the end of both lines of the first couplet and at the end of the second line in each succeeding couplet. In addition, one or more words before the refrain are rhymes or partial rhymes. The lines should be of approximately the same length and meter.

1R
1R

A
1R

B
1R

C
1R

for however many stanzas there are.

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Prompt 24: Ode

An ode is a poem written in honor of a person a place or a thing. A typical ode consists of at least 4 stanzas with a fixed rhyme and meter of the author's choosing.

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Prompt 25: Pantoum

A pantoum is a poetic form with repeating lines. A four-stanza pantoum is common, (although more may be used) and in the final stanza, you could simply repeat lines one and three from the first stanza, or write new lines. The pantoum form is as follows:

Stanza 1 A B C D
Stanza 2 B E D F
Stanza 3 E G F H
Stanza 4 G I (or A or C) H J (or A or C)

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Prompt 26: Rondeau

In a traditional Rondeau, there are:

- 13, or 10, or 15 lines.
- Usually eight syllables in each line, except for the refrains, which have four syllables.
- Two rhymes.
- A refrain that repeats the *first* half (four syllables) of the first line. The refrain can also be considered to be a third rhyme.
- For 15 lines, the lines are grouped into:
    1. One quintet (5 lines rhyming a, a, b, b, a);
    2. One quatrain (4 lines rhyming a, a, b, plus refrain R);
    3. One sestet (6 lines rhyming a, a, b, b, plus refrain R);
- Thus the pattern of line-repetition in a 15-line Rondeau is as follows. Here, "RRRR" represents the refrain of repeated words (four syllables), "a" represents the first rhyme, and "b" represents the second first rhyme:

RRRR ... a - Opening line; the first words of the line
            ('RRRR') become the refrain.

    a - 2nd line uses 1st rhyme.

    b - 3rd line introduces 2nd rhyme.

    b - 4th line uses 2nd rhyme.

    a - 5th line uses 1st rhyme and closes opening quintet
stanza.

    a - 1st line of 2nd stanza uses 1st rhyme;
            the first 3 lines of the 2nd stanza rhyme in the same
            pattern as the first 3 lines of the 1st stanza.

    a - 2nd line uses 1st rhyme.

    b - 3rd line uses 2nd rhyme.

RRRR - 4th line repeats refrain of the opening line,
            and concludes the quatrain stanza.

    a - 1st line of 3rd stanza uses 1st rhyme;
            the first 5 lines of the 3rd stanza rhyme in the same
            pattern as the first 5 lines of the 1st stanza.

    a - 2nd line uses 1st rhyme.

    b - 3rd line uses 2nd rhyme.

    b - 4th line uses 2nd rhyme.

    a - 5th line uses 1st rhyme.

RRRR - 6th line repeats refrain of the opening line,
            and concludes the sestet stanza.

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Prompt 27: Tanka

A tanka is a form of Japanese short poetry similar to the haiku except it consists of 5 lines instead of 3. The syllable structure of a tanka is as follows:

5
7
5

7
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Prompt 28: Blank Verse

A blank verse is a poem with no rhyme but does have iambic pentameter. This means it consists of lines of five feet, each foot being iambic, meaning two syllables long, one stressed followed by an unstressed.

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Prompt 29: Rubaiyat

A Rubaiyat is a Persian form of poetry. A Rybaiyat consists of several structured quatrains with the following structure:

a
a   - 2nd line rhymes with the first.
b
a   - 4th line rhymes with the first and second.

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Prompt 30: Villanelle

In a traditional Villanelle:

- The lines are grouped into five tercets and a concluding quatrain. Thus a Villanelle has 19 lines.
- Lines may be of any length.
- The Villanelle has two rhymes. The rhyme scheme is *aba*, with the same end-rhyme for every first and last line of each tercet and the final two lines of the quatrain.
- Two of the lines are repeated:
    1. The first line of the first stanza is repeated as the last line of the second and the fourth stanzas, and as the second-to-last line in the concluding quatrain.
    2. The third line of the first stanza is repeated as the last line of the third and the fifth stanzas, and as the last line in the concluding quatrain.
- Thus the pattern of line-repetition is as follows:

A1 b A2   - Lines in first tercet.
a b A1   - Lines in second tercet.
a b A2   - Lines in third tercet.
a b A1   - Lines in fourth tercet.
a b A2   - Lines in fifth tercet.
a b A1 A2   - Lines in final quatrain.

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