

*Poetry Prompt  
Journal*



*30 Days Of Poetry  
Prompts*

# 30 Day Poetry Prompt Journal

2022 Edition

Local Gems Press

30 Day Poetry Prompt Journal

Copyright © 2022 by Local Gems Press

[www.localgemspoetrypress.com](http://www.localgemspoetrypress.com)

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means without written permission of the author.



## Table of Contents

Day 1: A Day You Started Something .....	1
Day 2: A Day You Finished Something .....	2
Day 3: Something Fixable .....	3
Day 4: Something Unfixable .....	4
Day 5: Imaginary Biography .....	5
Day 6: Lyric From A Song .....	6
Day 7: Rewrite A Famous Poem .....	7
Day 8: A Layer Of Fog.....	8
Day 9: Second Chances .....	9
Day 10: Final Chances.....	10
Day 11: Obsolete Item You Love.....	11
Day 12: Modern Item You Loathe.....	12
Day 13: A Bell Ringing .....	13
Day 14: A Getaway .....	14
Day 15: A Poetic Form .....	15
Day 16: Something Easy .....	16
Day 17: Something Hard .....	17
Day 18: One Year Later.....	18
Day 19: Distraction.....	19

Day 20: Mini-Epic .....	20
Day 21: Mentor .....	21
Day 22: Mentee.....	22
Day 23: A List.....	23
Day 24: A Metaphor .....	24
Day 25: Dialogue .....	25
Day 26: Scary Poem.....	26
Day 27: Hidden Treasure .....	27
Day 28: Re-Write .....	28
Day 29: Alchemy .....	29
Day 30: Gratitude.....	30







## Day 3: Something Fixable

Write a poem about something broken that is able to be repaired or fixed.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Day 4: Something Unfixable

Write a poem about something broken that cannot be fixed or repaired.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Day 5: Imaginary Biography

Write a poem that is a biography about someone fake, or a fake biography about someone real.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Day 6: Lyric From A Song

Write a poem where the first line is a lyric from a song you like.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Day 7: Rewrite A Famous Poem

Pick a famous poem you admire from a well-known poet and rewrite it in your own words.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Day 8: A Layer Of Fog

Few things seem as mysterious as a layer of fog covering something. Write a poem about this.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Day 9: Second Chances

Everyone deserves a second chance. Write a poem about second chances.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# Day 10: Final Chances

Sometimes there are just no chances left. Write a poem about a final chance.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





















## Day 19: Distraction

Sometimes distractions are good, other times they are not so good. Write a poem about a distraction and the affects it had.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Day 20: Mini-Epic

Write a short poem in the style of an epic, about a hero and a journey but unlike real epics, keep this poem 30 lines or less.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Day 21: Mentor

Write a poem about someone who was a mentor to you,  
who taught you something.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Day 22: Mentee

Write a poem about someone who is your mentee, who you have taught something.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Day 23: A List

Write a poem that takes the form of a list.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Day 24: A Metaphor

Write a poem that is entirely made up of one metaphor.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Day 25: Dialogue

Write a poem that takes the form of dialogue between two or more people.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Day 26: Scary Poem

Write a poem about something scary or spooky.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



## Day 27: Hidden Treasure

Treasure comes in many forms, a chest of gold, an old photograph found under the couch, a lost book in a second-hand store...write a poem about a hidden treasure.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Day 28: Re-Write

Rewrite a poem you already wrote from a different angle.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Day 29: Alchemy

Alchemy, the art of turning something of little worth into something of greater worth exists all around us, through hard work and ingenuity. Write a poem about something alchemic.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## Day 30: Gratitude

The key to happiness is gratitude. Write a poem about something you are grateful for.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



Local Gems Poetry Press is a small Long Island based poetry press dedicated to spreading poetry through performance and the written word.

Local Gems has published over 300 titles.

[www.localgemspetrypress.com](http://www.localgemspetrypress.com)