Prompts for today: Choose one, and let yourself write…

1. Take inventory of the scars or marks on your body. How were they received? How do these external scars relate to any internal “markings” as well?
2. What do you see when you look in the mirror? Where does your gaze land first? How does this gaze determine your attitude toward yourself and your life?
3. Write about an act of defiance you’ve committed. Who or what did you defy? How? Why? What came after? How do you feel about this choice or impulse now?