

Verity Proofreading and Editing



# Writer's Block Buster Pack

25+ Writing Prompts, Creative Exercises, and  
Mindset Shifts to Help You Get Unstuck



# Introduction

Writer's block doesn't mean you're out of ideas—it usually means you're overwhelmed by too many.

Maybe you're stuck trying to make the next scene perfect. Maybe you're doubting your abilities. Maybe the pressure to “write something great” is freezing your creativity altogether.

This Writer's Block Buster Pack was made to help you break through that fog and write again—with freedom, fun, and momentum. Inside, you'll find:

- 25+ original writing prompts
- Quick creative exercises
- Mindset shifts to silence your inner critic
- Tips to reconnect with your love of storytelling

No pressure. No rules. Just a toolkit to help you get words on the page—where they belong.



10 QUICK

# WRITING PROMPTS

USE THESE AS WARM-UPS OR SCENE STARTERS. SET A TIMER FOR 10 MINUTES AND WRITE WITHOUT STOPPING.



1. A CHARACTER OPENS A LETTER THEY WERE NEVER MEANT TO SEE.

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2. A STORM KNOCKS OUT THE POWER—AND SOMETHING STRANGE IS HIDING IN THE DARK.

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3. A CHARACTER MEETS SOMEONE WHO KNOWS EVERYTHING ABOUT THEM, BUT THEY'VE NEVER MET BEFORE.

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4. A FORGOTTEN VOICEMAIL CHANGES THE COURSE OF THE DAY.

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5. A LONG-LOST ITEM SUDDENLY REAPPEARS IN AN UNEXPECTED PLACE.





6. SOMEONE LIES—BADLY—BUT NO ONE CALLS THEM OUT ON IT. WHY NOT?

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7. A CONVERSATION IS HAPPENING ENTIRELY THROUGH NOTES LEFT IN A LIBRARY BOOK.

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8. A WISH IS GRANTED, BUT ONLY PARTIALLY.

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9. A CHARACTER RECEIVES A MESSAGE THAT WAS MEANT FOR SOMEONE ELSE. THEY ANSWER ANYWAY.

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10. A SECRET ROOM IS DISCOVERED IN AN OLD BUILDING. WHAT'S INSIDE?





# 5 CREATIVE EXERCISES

## 100-Word Scene

Write a complete scene using exactly 100 words. Force yourself to trim the fluff and focus on impact.

## Dialogue-Only Challenge

Write a scene using only dialogue—no tags, no narration. Can your readers still follow who's who?

## Describe Without Naming

Write a paragraph describing a common object (like a candle, suitcase, or mug) without saying what it is. Let the details reveal it.

## Character Switcheroo

Write a scene from your current work-in-progress—but through the eyes of a different character.

## Stream of Consciousness

Set a timer for 5 minutes and write whatever comes to mind. Don't edit, don't stop, don't censor. Just go.



# 5 MINDSET SHIFTS TO OVERCOME BLOCK

## 1. Write Bad on Purpose

Perfection is the enemy of progress. Try to write the worst version of your next scene. You'll surprise yourself.



## 2. You're Not Behind

Time spent thinking, plotting, or daydreaming is part of the process. You're not late—you're percolating.

## 3. Progress = Practice

Every word you write—even the ones you delete—makes you a stronger writer. It's all part of the training.

## 4. Take the Pressure Off

Not everything you write has to be part of a novel. Let yourself play, experiment, and make messes.

## 5. Reset the Mood

Change your environment. Write by hand. Light a candle. Try ambient noise. A small shift can refresh your mind.



# BONUS CHALLENGE: THE 7-DAY BLOCK BREAKER

**BREAK THROUGH THE FOG WITH ONE MINI TASK PER DAY. EACH ONE SHOULD TAKE 15 MINUTES OR LESS.**

## CHECKLIST

- ☐ Write a one-sentence story. Then expand it into a paragraph.

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- ☐ Write a conversation between two people who hate each other but are forced to work together.

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- ☐ Pick a random song. Write a scene that matches its mood.

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- ☐ Open a book. Use the first sentence on page 47 as your story starter.

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- ☐ Write a letter from one character to another. They don't send it.

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- ☐ Describe a place using all five senses—but don't name the place.

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- ☐ Write the final scene of a story you haven't written yet.



# Conclusion

Writer's block is real—but it doesn't mean you've failed, and it doesn't mean you're out of creativity. It just means you need a new way in. A different entry point. A spark.

Hopefully, this pack helped you rediscover that spark.

When you're ready to polish what you've written, Verity Proofreading and Editing is here to help. Whether you're revising a novel, tightening a short story, or preparing your manuscript for submission, we'll help you make your words shine.

You've got this. Keep writing.

