

Writing Inspiration Worksheet

Use this worksheet to capture everyday moments that can spark your creativity. The goal is to train your eyes and ears to notice small details and turn them into potential story ideas, character traits, settings, or plot points.

Source of Inspiration	Details Observed	Story/Character/Setting Ideas
Conversations Overheard		
Daily Commute		
Old Photos & Family Stories		
Nature Walks & Outdoors		
Local Community Events		
Dreams & Daydreams		
Everyday Objects		

Tip: Keep this worksheet with you for a week and aim to fill in at least one new idea each day. Even small observations can become powerful story seeds.