PHILUPDATE / FREE TOOLKIT

10 story starters

Pick a prompt. Write a few words, a paragraph, or the beginning of your story.

01 A moment I still remember is...

02 Something I wish people understood about me is...

03 The conversation I never finished was...

04 A small kindness that mattered to me was...

05 A difficult choice taught me...

06 What changed when I asked for help was...

07 The place that feels like home is...

08 One thing I am learning to forgive is...

09 A new beginning might look like...

10 If my story could help someone, I would tell them...

Before sharing publicly, remove real names and other identifying details.

Free for personal reflection. No sign-up required.