SAMPLE - 3 SELECTED PAGES / FULL PACK: 22 PAGES IN EACH EDITION

BlabTab

BLABTAB / CREATIVE PRACTICE

A quiet space for your next idea.

Digital Journaling Pack

Notice more. Follow a question. Keep the words that matter to you.

30	original prompts
07	daily writing pages
01	repeatable monthly practice

PRINTABLE + FILLABLE EDITIONS / ENGLISH / VERSION 1.0

Personal creative practice. Begin anywhere; skip anything.

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THE PROMPT BANK

Prompts 01-10

01 NOTICE

Describe an ordinary object as though it has just arrived from another century. What would a visitor misunderstand?

02 NOTICE

Revisit a familiar route. Record five details that a hurried version of you would miss.

03 NOTICE

Choose a sound from today. Write the scene around it without naming the source until the last sentence.

04 NOTICE

Watch the light move across a room. What does it reveal, hide or change?

05 NOTICE

Describe a small act of care you witnessed. Stay with what you actually saw rather than guessing motives.

06 REMEMBER

Recall a useful skill someone taught you. Tell the moment it finally made sense.

07 REMEMBER

Choose an everyday smell linked to a place. Rebuild the setting through concrete details.

08 REMEMBER

Write about something you once found difficult that is now routine. What changed in your approach?

09 REMEMBER

Describe an object you kept longer than expected. What story does it carry?

10 REMEMBER

Remember a first attempt that was messy but useful. Which small lesson survived?

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DAILY WRITING

Day 01 / Notice

Record one small detail from today before you interpret it.

Date

Prompt number or own starting point

Something I noticed

Follow the thought

A sentence, image or question to keep

One small next step