

Daily Prompts for a Better Life

Description

What daily habit do you do that improves your quality of life?

Thanks to WordPress, **writing on daily prompts** has become a regular morning activity for me. And this is one daily habit which I feel is immensely adding quality to my life. I will try and elaborate this in next few paragraphs.

Overcoming Procrastination Whether it's work or pursuit of a passion, procrastination is our biggest hurdle and I'm sure everyone will agree to this. Daily prompts have done what there supposed to do - made me write each day and that too during early mornings when mind is fresh and motivated.



Daily prompts help in tackling procrastination in writing. Image: Medium.com.

Pursuit of Passion The subject of Wines is something about which I'm passionate about. It is even the **raison d'être** of my Blog Site. And due to this most of the prompts result in me writing of some experience or a thought around wines and all this comes naturally (and not in a forced manner that I need to write on wines only).

Family Bonding Surprisingly as it may sound but it's true. The prompt and the thoughts it creates in my mind are discussed by me with my better half each morning and this morning routine is a happy time for both of us as a family.



Discuss prompt ideas with better half : family bonding time

Burst of Creativity The daily writings on prompts is a source for expression of creativity, which is at its peak during early morning.

Autobiographical If you have also noticed, prompts motivate each of us to write about personal activities or thoughts and we we write mostly in first person about it, which gives the whole endeavour a somewhat autobiographical character. For me, it often leads to reliving some memories from the past or writing about something I'm planning to do in future, and I love that.

A Health Start of the Day To summarise, *the habit of writing daily prompts* is an an activity which is invigorating and satisfying and us certainly an excellent way to start a day.

Looking forward to to reading your views and thought too.