

# Capture the Beauty



A Creative Writing Companion  
by h. duxbury

For the dreamers, the doers, the ones brave  
enough to try and translate their heart on  
the page, the ones who never stop  
searching for beauty.



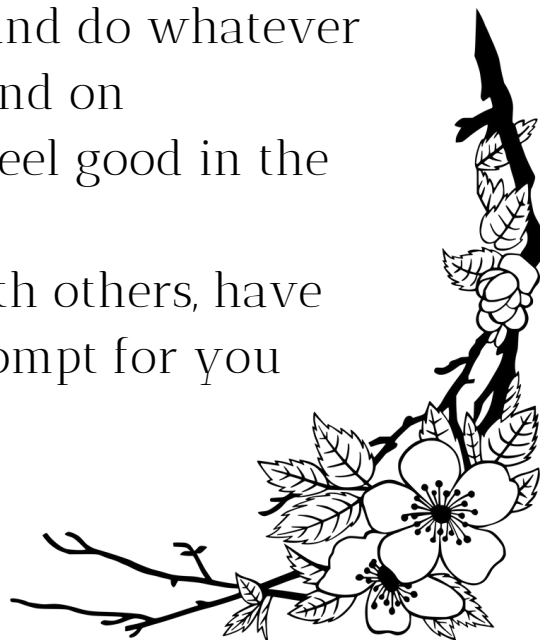


## *How to use this book*

This is your creative companion. How you use it is up to you. I hope the prompts and inspirations in these pages will be only a jumping off point for your own lovely ideas.

Here are some suggestions:

- Start at the beginning and work your way through
- Flip to a random page and do whatever prompt you land on
- Choose prompts that feel good in the moment
- If you are writing with others, have someone choose a prompt for you



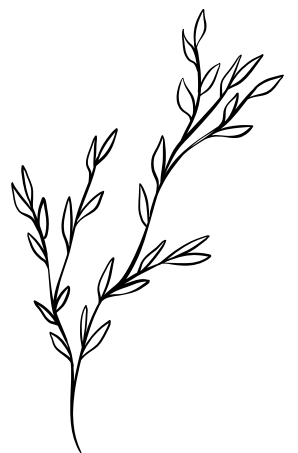


*It is an act of  
courage every time  
you create.  
Stay brave.*



Fill this page with the most beautiful words you know.

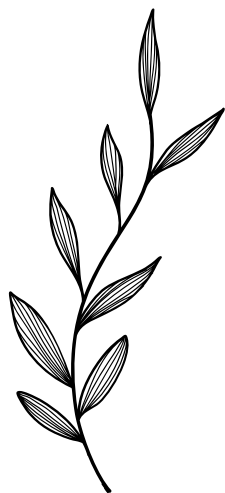
Write a list of things that give you a sense of peace or calm.



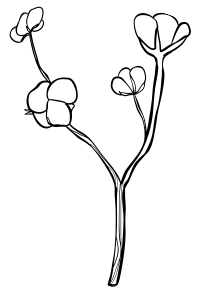
Fill this page with flowers. How you do it is up to you! (Draw, paint, write, scribble, press flowers, cut, sew...do your own thing)



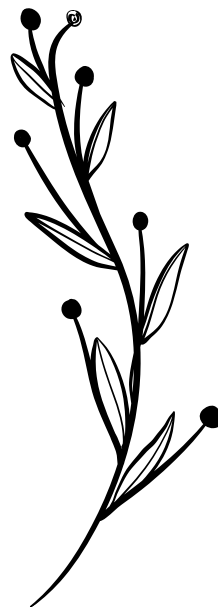
Think of your favorite fruit (or seasonal favorite). Describe it:  
where does it grow, colour, texture, popularity, flavour.



Describe a perfect day to you.



Write about the most beautiful thing you saw today.  
Why was it beautiful to you?



spring

*hope*

the colour of hope  
will always be green

unfurling in spring

despite winter's last gasps

pushing up through sidewalk cracks

blooming deep and soft on forest floors

wherever there is green

there is something

that has set down roots

in determination

in defiance

in persistence

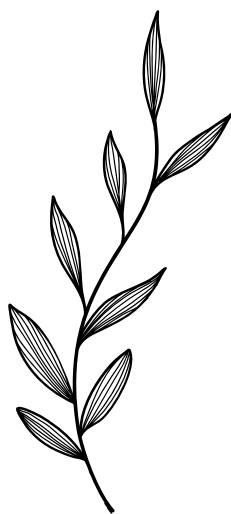
in hope



What is your favorite season? Why is it your favorite? What does it smell like? Taste like? Sound like?



What season is it right now? What kind of person would that season be?



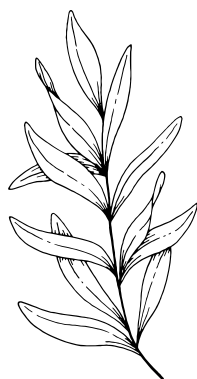


The fog rolls in so softly,  
silently,  
cushions everything.  
It reminds me that I,  
like the fog,  
am temporary,  
soft,  
impossible to capture,  
impossible to tame.

h. duxbury



What is the weather doing outside? Does this weather bring up memories or certain feelings for you? What are they? What is the connection?



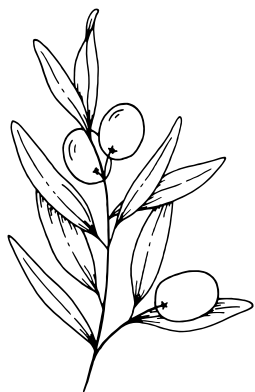
Write a letter to your future self.



Write a letter to your past self.



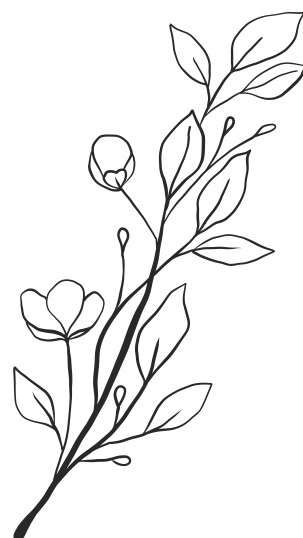
What animal would you be if you could? Why? What would your days look like as that animal?



Think of someone special to you. How do you feel when you are around them? Describe it using sensory rather than emotional descriptors.

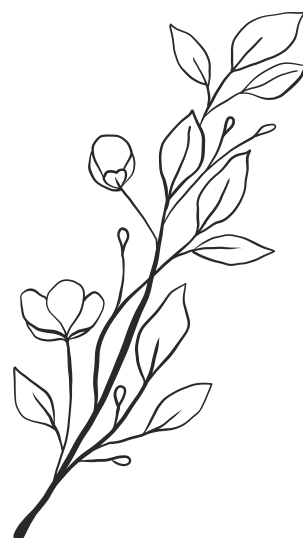


If your mood was a food, what would it be? Describe how it would taste, what texture it would be.



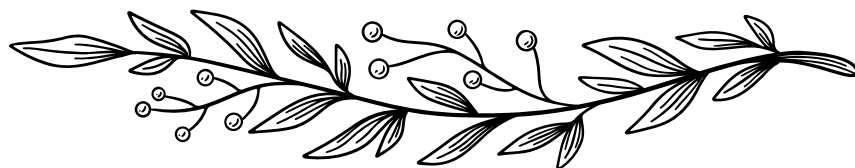


Write something about the photo on the facing page.





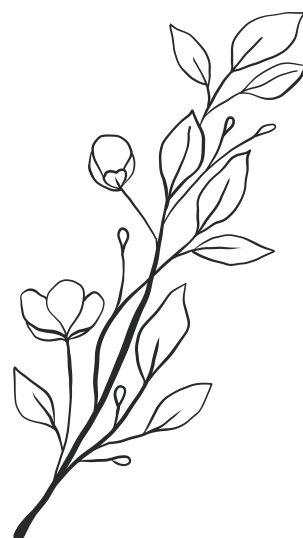
There is no point  
in uprooting yourself  
to prove to others  
you can bloom



Look around you. Find something that you find interesting or beautiful. What is it? Why is it in your space? What about it strikes you as interesting or beautiful? Would that same thing be as powerful in a different location, or time? Are there memories attached to it? What are they?



What element do you feel like right now? Describe the feeling, how that element captures where you are right now.



Write about a moment, or situation, in first person,  
from the perspective of someone other than you – a  
passerby, a friend, etc.



Pick an everyday task. Write a how-to guide for that task—  
imagine trying to explain this process to someone who has never  
heard of it before. It can be as silly, fun, detailed as you want it to  
be.





*I will not let the darkness  
steal my blooming*

Describe your morning, as though you have never seen it before.  
The view from your window, the colour of the sky, the smell of  
your soap, etc.



What were your favorite stories growing up? Think about what made you love them. What did they teach you? What kind of people were the characters? Is there anything you would change about the story?

If you had multiple favorites, consider comparing them!





## Mix and Match Prompts

The words below can be used on their own, or alongside another word in the facing column. A suggested use is to close your eyes and choose at random from each column.

Consider what the words mean to you, what they feel like, do you like or dislike them? How do they change when combined with other words?

Joy  
Grief  
Peace  
Confusion  
Warmth  
Cold  
Lust  
Beauty  
Hope

Column 1



Column 2



Creator  
Master  
Thief  
Grower  
Hoarder  
Navigator  
Warrior  
Adventurer  
Teacher



I hope you have enjoyed this  
journal!

I would love to see what you  
create! If you choose to post it on  
Instagram, please tag me (  
@hduxburypoetry) so I can come  
give it some love!

*Stay creative*

