30 ordinary-moment prompts

Choose any prompt. A few words, a voice note or a caption can be enough.

The everyday

- A sound I would recognise anywhere
- The object you kept looking for
- A tiny part of our morning
- The song we made up
- Something in our home that changed meaning

Your people

- A nickname and how it started
- Something a grandparent says
- Who made you laugh today
- A kind thing someone did for us
- A family word I want to keep

Out in the world

- A familiar place seen through your eyes
- Our first visit to a favourite spot
- Something you noticed on a walk
- A journey that did not go to plan
- An ordinary errand I remember

Small surprises

- An expression that caught me off guard
- What happened just after the photo
- A new way you asked for something
- Something that was funny only to us
- A preference we did not expect

Our changing days

- Something that feels easier now
- A routine we let go of
- What I wish I had written down sooner
- A day I want to describe honestly
- A small thing we figured out together

For the future

- What this photo cannot show
- A note to you about today
- A tradition we are making our own
- A detail about someone who loves you
- One thing I hope we remember

A detail I want to keep: