



The Health Activist Writer's Month Challenge #HAWMC – 2013 Prompts

Thank you for participating in our 30 day, 30 post challenge! Here are the prompts for each of the 30 days of April (we've included two options for most!) – and a few extras in case you get stuck! Use these prompts to participate by writing posts on your blog, posting daily on your FB profile or page, responding to our daily prompt at www.facebook.com/wegohealth, or participating in our 140-challenge by tweeting your posts daily (remember to use #HAWMC and start your tweets with Day1, etc.).

Remember to check the WEGO Health Blog daily for more detailed ideas and descriptions for each of these prompts. And don't forget to share your daily post over on the WEGO Health Facebook page and on Twitter with #HAWMC .

Day 1 (April 1) – Getting Started!

- Why you write – tell us a little bit about why you write about your health online and what got you started.
- Why HAWMC? This is our third year of the Health Activist Writer's Month Challenge – why did you get involved this year? Are you a newbie to #HAWMC or a veteran?

Day 2 (April 2) – Introductions

- Introduce your condition(s) to other Health Activists. What are 5 things you want them to know about your condition/your activism?
- Share links to 3-5 of your old posts (or posts from other Health Activists!) that you think will help the newly diagnosed.

Day 3 (April 3) – Wordless Wednesday

- Post a picture that symbolizes your condition and your experiences.

Day 4 (April 4) – Sharing Resources

- Create a “care page” – a list of your best resources that someone who is newly diagnosed could go to when starting to advocate for themselves or a loved one. Remember to include sites that lead to successful self advocacy!

Today's post was recommended by Lori of <http://misdiagnosedme.wordpress.com/>

Day 5 (April 5) – Aspiration

- “If I could do anything as a Health Activist...” Think big today! Money/ time/ physical limitations are no longer an issue. What is your biggest goal that is now possible?
- What’s your one, three, or five year plan for your Health Activism?

Day 6 (April 6) – Letters

- Write a letter to an older you (tell us what age you’re writing to!). What do you want to ask yourself? What lesson do you want to make sure you remember?
- Write a letter to your condition – what do you want to get off your chest?

Day 7 (April 7) – Sensationalize!

- Say WHAT!? What’s the most ridiculous thing you’ve heard about health or your condition? Where did you hear it and what did you think?
- Share a ludicrous headline or cure. Do a news search and choose a ridiculous headline or proposed cure about your condition and write what you think about it. Can’t find one? Write your own.

Day 8 (April 8) – Animals

- If your health condition (or the health condition of a loved one!) was an animal, what would it be? Is it a real animal or make believe?
Today’s post was recommended by Christina of www.stickwithitsugar.com

Day 9 (April 9) – Caregiving

- As a parent with health conditions or parent to a child(ren) with health conditions, what do you hope you’re doing right?
- Patients, what advice or tips do you have for caregivers out there – professional or otherwise!

Day 10 (April 10) – Wordless Wednesday

- It’s often hard to like pictures of ourselves – post your favorite picture of yourself.
Today’s post was recommended by Christina of www.stickwithitsugar.com

Day 11 (April 11) – Favorites

- Write about your favorite health iPhone app?
Today’s post was recommended by Lori of <http://misdiagnosedme.wordpress.com/>
- Write about your favorite social network. Do you love Twitter? Facebook? Pinterest? Why?

Day 12 (April 12) – Hindsight

- If you could go back in time and talk to yourself (or your loved one) on the day of diagnosis, what would you say?
Today’s post was recommended by Christina of www.stickwithitsugar.com
- What have you learned about being a patient/caregiver that has surprised you most?

Day 13 (April 13) –Haiku

- Write a health acrostic for your condition, hashtag, or username! (acrostic = a poem where every letter of a word serves as the first letter of a word or phrase i.e. DOG = Digs Others' Gardens)

Day 14 (April 14) – Spread the Love

- Thank a few of your fellow Health Activists for what they have done. Call them out by name or twitter handle. Share your love.
- Pick a few of your favorite #HAWMC posts so far and share them with your readers!

Day 15 (April 15) – Sharing

- Comment! Pick someone else's blog post and write a comment to them. Write that comment as your post for today and link back to them to let them know you were inspired.
- Participate in our guest post swap day. Email us (editorial@wegohealth.com) by April 8th to be paired and we'll connect you with another Health Activist.
Today's post was recommended by Kristen of @running4autism

Day 16 (April 16) – Misinformation

- Tell us 3 things that are true about you, your condition, or your Health Activism. Tell us 1 lie. Will we be able to tell the difference?
- Bonus points – share your 3 + 1 as a poll on FB. Share the results!

Day 17 (April 17) – Wordless Wednesday

- Go to <http://www.wordle.net/> to create a word cloud or tree from a list of words associated with your condition, blog, or interests. Post it!

Day 18 (April 18) – “I take it back...”

- Write about a time that you lashed out at someone close to you because of frustration/fear/anger resulting from your health condition and you wish you could take it back. Forgive yourself and let it go.
- On the flip side, write about a time that someone said something to you that they wished they could take back. Did you forgive them? Why or why not?

Day 19 (April 19) – Vintage

- Post a vintage photo of yourself, with a caption about the photo and where you were in terms of your health condition.

Day 20 (April 20) – Burnout

- Write about burnout. What does it feel like? What are your burnout triggers?
- What gets you OUT of the pit of despair when nothing is going your way?
Today's post was recommended by Lori of <http://misdiagnosedme.wordpress.com/>

Day 21 – Adversity

- “The flower that blooms in adversity is the rarest and most beautiful of all.” – Mulan
True or false? When do you bloom best?
Today’s post was recommended by Christina of www.stickwithitsugar.com

Day 22 (April 22) – Day to Day

- Write about something ordinary that’s inspiring to you, something simple, perhaps overlooked, that fuels your activism.
Today’s post was recommended by Abigail of <http://hiddencourage.wordpress.com/>
- Write about the things you couldn’t live without – list 10 things you need or love most.

Day 23 (April 23) – Technology

- “I wish this gizmo could track my condition!” Write about which device, application, program, etc. you wish helped to track your health.
- Write about how your life would change if there was no social media.
Today’s post was recommended by Christina of www.stickwithitsugar.com

Day 24 (April 24) – Wordless Wednesday

- Create a Pinterest board for your health focus. Pin 3 things. Share the image.

Day 25 (April 25) – Learning

- Share something you learned from another Health Activist (that everyone should know!).
- Share something you’d like to teach other Health Activists.

Day 26 (April 26) – Pain-Free Pass

- What’s a day that you wish you could have used a pain-free pass (either in the future or the past)? How would being pain or worry-free impact that day?

Day 27 (April 27) – Titles

- If you wrote a book about your life, your community, your condition, or your Health Activism – what would you title it? Come up with 5 working titles.
- What about your biography?

Day 28 (April 28) – Must Follow!

- Create a must follow list for your community on a single social network. Share your top 5-10 tweeters, blogs, or Facebook pages.

Day 29 (April 29) – Congratulations

- We all know Health Activists are awesome. Share three things you love about yourself, things you’re great at, or just want to share. Don’t undercut or signpost!

Day 30 (April 30) – Recap

- You made it! 30 posts in 30 days! Today, write a recap of your experience. What was your favorite prompt? Least favorite? What have you learned?
- Describe your HAWMC experience in one word!