Reincarnation Story Idea Bank

30 original story seeds — one for every kind of past life — plus a worksheet that turns any seed into a full prompt. Pick a seed, shape it, and paste your prompt into ChatGPT or Claude.

How to use this bank

1. Pick one seed below. 2. Change the names, the era, and the setting to fit your story. 3. Fill in the worksheet on page 2. 4. Paste the finished prompt into ChatGPT Work or Claude and develop the outline.

The 30 story seeds

1. A blacksmith dies in a fire and wakes up as the apprentice who once betrayed him.

2. A queen reborn as a servant girl remembers the poison that killed her.

3. A sailor lost at sea returns as the lighthouse keeper's son.

4. A healer who could not save her village is reborn as the plague doctor's daughter.

5. A thief steals a necklace and finds it belonged to him in a past life.

6. A soldier reborn as a pacifist monk hears the drums of his old war.

7. A painter reborn blind paints the face she loved two hundred years ago.

8. A king reborn as a stable boy befriends the horse that once carried him to battle.

9. A midwife reborn in a hospital that banned her craft delivers her own grandchild.

10. A pirate reborn as a coast guard officer hunts the treasure he buried.

11. A librarian reborn as an illiterate farm girl remembers every book she ever shelved.

12. A violinist reborn deaf composes the melody she played at her own funeral.

13. A chef reborn with no sense of taste recreates the dish that made her famous.

14. A spy reborn as a diplomat must protect the enemy she once betrayed.

15. A nun reborn as a jewel thief steals the relic she once guarded.

16. A farmer reborn as a city banker dreams of fields he never farmed.

17. A knight reborn as a blacksmith forges the sword that once killed him.

18. A mother reborn as her own daughter's best friend keeps a secret across two lives.

19. A scientist reborn in a world without science rediscovers her own invention.

20. A poet reborn as a soldier writes verses on the eve of the battle he once died in.

21. A queen's jester reborn as a judge sentences the man who once laughed at his jokes.

22. A lighthouse keeper reborn as a ship's captain steers toward the rocks that killed him.

23. A seamstress reborn as a duchess wears the gown she once sewed for another woman.

24. A monk reborn as a merchant cannot stop giving away his profits.

25. A doctor reborn as a patient is treated by the student she once failed.

26. A gardener reborn as a prince tends the roses of the garden he once kept.

27. A singer reborn mute hums the song that once saved a village.

28. A judge reborn as a prisoner stands trial for the crime he once punished.

29. A mapmaker reborn as an explorer follows a map he drew in a past life.

30. A clockmaker reborn as a child who never ages repairs the clock that stopped his heart.

Prompt-customisation worksheet

Fill in	Your answer
Hero (this life)	
Past life identity	
What the hero remembers	
Central conflict	
The twist	
Setting and era	
First line of the story	

Tip: a strong prompt names the hero, the past life, one conflict, and one twist. If your worksheet has all four, your AI model has enough to build a real outline.

Bonus from Pickzox — free with Reincarnation Story Creator. All 30 seeds are original and written for this bonus.