



FAVOURITE WRITING SPOTS ARE DESIRABLE BUT NOT ESSENTIAL

BE PREPARED TO STRETCH YOURSELF TO WRITE ALMOST ANYWHERE

Generate a kit containing writing and visual writing prompts for those days when intention alone is not enough to get you onto the page

Writing badly is the perfect start to all your writing endeavours. Anything else is just not good enough

**GET OUT THE TIMER.
SET FOR 10 MINUTES...**

**ON YOUR MARKS,
GET SET.... GO!**

FREE WRITE FOR 10 MINUTES * ANYTHING IS ALLOWED * LEAVE NOTHING TO CHANCE

Schedule in time to write in your diary like you would any other important appointment

BUMS ON SEATS BECAUSE THERE'S NO OTHER WAY TO WRITE

Learn to navigate the territory between **PROCESS** and **PRODUCT**

PROCESS is what gets you to write and **PRODUCT** is what comes after

There's no **PRODUCT** without engaging in the **PROCESS**

Hit your writing sweet spot. That place in your writing, where **VULNERABILITY** hits the page.

"No tears in the writer, no tears in the reader" Robert Frost

Write.... the writing will lead you in the direction it wants to go

Write the book you want to read