

Writing The Labyrinth



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Writing The Labyrinth



Got a problem that needs some thinking time?

Then try out the Writing The Labyrinth technique I created for my book,
49 Ways To Write Yourself Well.

How it works...

Print off the two Labyrinths worksheets. One is titled **Writing In** and the second is **Writing Out**.

Think about a problem or an issue you would like to progress or find a solution to.

Starting at the entrance to the labyrinth write out as much as you can along each of the individual paths, the details and feelings associated with your issue writing as far as you can go into the body of the labyrinth.

Once you have exhausted writing out the issue use your pen or pencil and trace a line along the remaining paths until you arrive at the centre of the labyrinth.

Once in the centre take a few moments to look back over at what you have written. Notice what thoughts come to you and how you are feeling. Stay in the centre as long as you wish to. What ideas or thoughts do you have now that will help progress or move this issue on?

When you are ready turn to the Writing Out labyrinth. This time you're going to write out in full as many thoughts and solutions and ways out of the issue. Starting at the centre and writing your way back along the paths until you have exhausted your response. Once you feel complete draw a line from your last sentence along the remaining paths until you arrive back at the entrance of the labyrinth. It's important to trace the line to take you along the remaining paths where the words have not been written.

Once you have arrived at the labyrinth entrance use the space below the labyrinth to write down three actions you're going to take in response to actioning the solution. Use your journal or notebook to capture any further reflections and insights that you have connected with your issue.

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Writing in



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Writing out



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