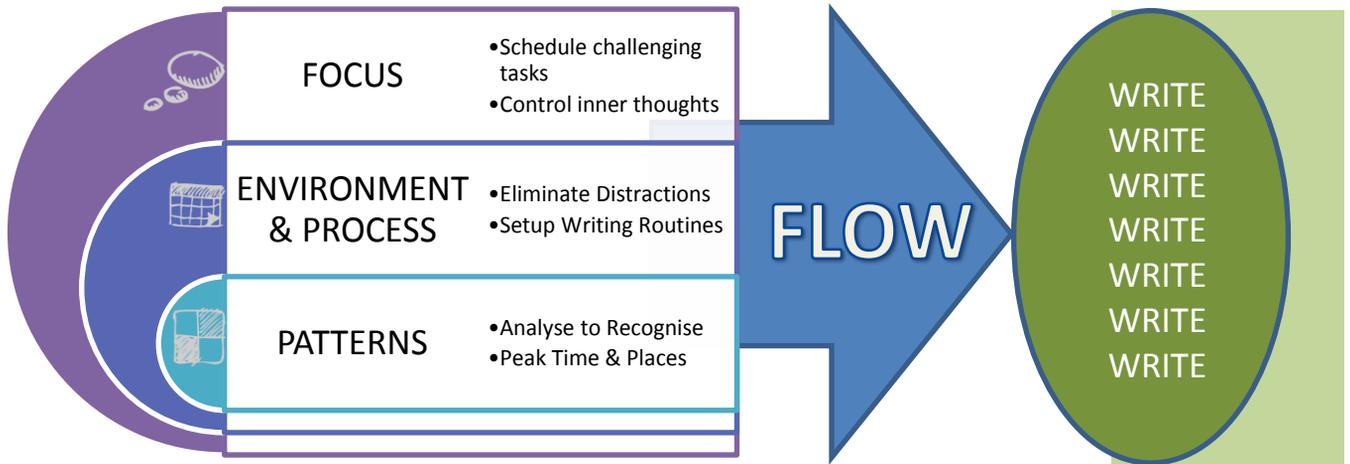


FINDING THE WRITING FLOW

WORKSHEET



FOCUS

- Schedule challenging tasks
- Control inner thoughts

ENVIRONMENT & PROCESS

- Eliminate Distractions
- Setup Writing Routines

PATTERNS

- Analyse to Recognise
- Peak Time & Places

FLOW

WRITE
WRITE
WRITE
WRITE
WRITE
WRITE



Patterns

1. Use a **writing journal** or **time log** (spread sheet) for a week or two.
2. Record and analyse your writing and non-writing, alongside your output and feelings during those sessions.
3. Experiment with different times, places and conditions for writing.
4. Answer the following questions after your experimentation:



What is your **peak writing** time – eg. early morning, morning, lunch-time, afternoon, late afternoon, early evening, late night?



Where do you write most easily - eg. at a desk, in your own office, outside, at a public spot like a café?



What conditions are best for your most easy / productive writing – eg. eat beforehand or after, music or background noise, shut-door policy, lots of coffee on tap? with other writers or alone?

5. Where possible, set your regular writing sessions into this peak time and place. **But work with what you have.**
6. **Repeat this exercise from time to time – your PEAK writing time will change.**

My Peak Time & Conditions for Writing is at: _____



Process

Eliminate Distractions & Interruptions

1. Setup some agreed **rules of engagement** with family and friends.
- ?
- When is it okay for you to be interrupted? When not? What constitutes an emergency, or takes precedence over your writing work?
2. Setup signs to tell your family when you are **“working”** – close the door, hang a sign, put a flag up, whatever...
 3. **Tune out, turn off** – the internet, social media, phone calls.

Work Routines & Rituals

1. **Schedule** regular writing sessions – block out the time in hours on your daily diary.
2. Use rituals to setup a writing routine.

Can't write during your ultimate peak time?
Negotiate with your family the occasional day where you are given a personal **“writer's retreat”** when you can write when you please.



Focus

Control Inner Thoughts and Counter Writer's Block

Use exercises and techniques to **control your inner critic** (and an overactive muse) and/or **writing blocks** from taking over your writing session.

- Several such techniques are discussed in other blog posts in this series – see *C for Controlling your Inner Critic* for a free ebook containing some relevant exercises.

Start Writing with Warmups

If you find you can't get into your work in progress straight off, then use warmup writing to, er, warmup:

- 10 minutes of gibberish
- Free-writing / timed writing
- Journal writing
- Dump pages or morning pages

Challenge Yourself with Small Tasks

1. **Choose challenging writing tasks** which will keep you interested.
2. **Plan and Break Down your Tasks into small steps** – chunk your larger tasks down into manageable bits, and go through them, checking them off.



Write

Seasoned writers ultimately suggest that the **key to finding writing flow** is actually very simple – it's simply in practicing and writing, then writing some more...

WRITE!