



Ways to Get Started

Sometimes the hardest part of building a new habit is making the start. It can be very helpful to set a time each day to write for 15-60 minutes. Here are some ideas to help you get started.

Start by brainstorming a list of topics. Pick unlined paper and a good pen. Set the timer for 10 minutes and brainstorm your list, writing as fast as you can and including everything that comes to mind. Keep the list and add to it. Suggestions for specific lists are listed below.

Pick one topic, either from your list, or from the suggestions on page 2, and write on the same topic for a day, for a week, for a month, or for an entire journal. As you make the habit of writing daily, you will become more comfortable with the process, and you will be amazed at how much you can write in 20 minutes a day.

Note: The goal for the beginning writer is to get the stories down on paper. DO NOT edit or revise for at least a month. Just get as much written as you can. Everything can be changed at a later time, but it can only be revised if it is actually written down.

See *First Sentence Prompts* at www.LifeWoven.com for more help.

Make a list:

- Of things you want to write about. Keep adding to this list and check off the stories you write.
- Of things you can't possibly write about. Keep adding to this list. Write these stories and keep them private. Check them off as you write them. These things will get in the way of stories you want to write, so it is better to face them.
- Of conflicts you have experienced in your life, such as work ethic/leisure; money/spirituality; family expectations/individuality. Then write a chronology from the first time you experienced this conflict and on through your life. Are any of your conflicts related?

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- Of things you have wanted at different times in your life. Is there a pattern or chronology to these desires? Are there any old desires/dreams that need to be explored now?
- Make a list of the turning points/intersections in your life. How have they influenced the course of your life?

Other Topics

1st Day of School

- How did you get there?
- Who was your teacher?
- What was your school like?
- Who was in your class?

Home You Grew Up in

Club/Activities

Family Values

Heritage/Relatives

Family Traditions

Religion/Spirituality

Neighborhood & Playmates

Pets

Trips

Jobs/Work

Skills/Hobbies

The Depression

Wars