



## MAKE TIME TO WRITE

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1. Set an intention to write. Make it a priority, a gift you give yourself in a container of time for each week.
2. Establish a schedule. Find the time that works best for you, a.m. or p.m. or in between. Just showing up is important. Many successful writers keep an appointment with themselves and write at the same time every day.
3. Use "scrap" time--any little scrap of time will do. Perhaps, your lunch hour, or 20 minutes right after work, an hour before going to bed, early in the morning, while waiting to pick up Suzy from dance lessons or Johnny from soccer.
4. Set a goal for a minimum amount of writing you'll do each week (ie. # of words, # of pages, # of vignettes started).
5. Get away from distractions. Set aside a place especially for your writing. Create a writer's nook or space for writing. OR, go to a place that works for you: the library, Starbucks, a bookstore, perhaps a park where you feel inspired.
6. Ask for what you need from others. When you need time and space, ask for it. Set new boundaries with yourself and others to create the time and space you need.
7. Stop doing those things that don't serve your writing: watching TV, surfing the internet, playing computer games, solitaire or poker (I know, I'm a drag!)
8. Practice. Practice. Practice. You are creating a habit. Like exercise, establish your personal routine, a routine that works for you. Find your rhythm.
9. Find a writing partner who will act as a sounding board, reader, and friend, someone who will support your writing practice.
10. Reward your successes with new writing tools: pens, notebooks, how-to books, and the like when you've met your weekly targets.

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