

Instructions for Daily Writing

Download the word list and print it. (See Writing Workshops or Blog page) Cut the words into pieces and place them in a container. Pick a random word from the container every day and write for 10 minutes, after you have clustered.

Click on the How to Cluster button and you will see how to cluster. Write the word in the center of a blank page and circle, then follow the directions. Always cluster for 2 minutes.

Place your cluster page beside you. Begin to write on a different blank sheet. Put your pen to the page--or fingers to the keyboard--and write. Don't worry about spelling, grammar, punctuation, or content. Once you begin to write, the energy of the writing will take over.

Invariably, your inner critic will jump in and tell you you don't know what you're doing/how could you be so stupid, etc. This happens to everyone. At that point, you can write the words "tick, tick, tick, tick..." over and over again. Something happens when you do this, and your creativity will kick back in eventually. You'll probably have to deal with your inner critic a number of times during a writing session. That's normal.

Another thing you can do when it happens is to glance at your cluster sheet. You don't need to "follow" what it says on your cluster sheet, just let it jog your memory, then begin to write again.

Set a timer every time you write and don't deviate from it. I recommend 5 - 10 minutes. If you write every day, you will begin to experience changes. Just wait and see!