

FEEL WRITE AGAIN NOTES

Discovery Questions

When did you first fall in love with writing?

Why does writing matter to you?

What stories and books most inspired you when you were young?

What books inspire you now?

What is holding you back right now from writing as much as you would like to?

Don't stop at one answer.

What else is holding you back? What else?

What fears do you have about your writing? What else? What else?

Think of your ideal reader.

How do you want them to react when they read your words?

How do you want them to feel?

If I waved a magic wand, what your dream writing life look like?

What would you write?

What would you already have published?

Mindset Statements (Affirmations)

- I am motivated, driven and focused on my writing.
- I am creative, my words flow easily.
- I am becoming a more confident writer every day.
- I have more and more inspiration to write.
- My writing is always improving.
- Rejection is a valuable part of the process
- I gladly accept constructive criticism.
- I make a difference with my writing.
- I am committed to my writing career.
- I am determined to become a successful writer.

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Writer Self Care

List things to fill your writer soul

What could you do once a month?

Once a week?

Once a day?

Brain Boosters

- Opposite knee lifts
- Nose, ear switch
- Infinity or figure 8
- Thumbs up - point
- Hand to Shoulder Switch
- Rock, paper, scissors

Random Words Writing Prompts

Person	Place	Thing
1. Leader	1. Pool	1. Brick
2. Pilot	2. Train	2. Picture
3. Explorer	3. Zoo	3. Crown
4. Hunter	4. Bedroom	4. Cake
5. Student	5. Cave	5. Icicle
6. Imposter	6. Park	6. Finger
7. Thief	7. Boat	7. Computer
8. Trader	8. Library	8. Insect

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Finish This Story

- It all started with a train station, a dead body and a huge mistake...
- No one, not even my best friend would admit the theatre was haunted despite...
- The holiday party had been the talk of the town for years, not for the food or drink, but for the...

Now What?

What do you really want to write?

Why?

What will you do to make that happen?

Thank you so much for joining me!

Let's stay in touch:

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