

NO TIME TO WRITE?

RECORD HOW MANY WORDS YOU CAN WRITE:

In 1 minute: _____

In 15 minutes: _____

In 5 minutes: _____

In 30 minutes: _____

In 10 minutes: _____

In 60 minutes: _____

SOMETHING YOU CAN WRITE IN 60 SECONDS:

SOMETHING YOU CAN WRITE IN 5 MINUTES:

SOMETHING YOU CAN WRITE IN 10 MINUTES:

SOMETHING YOU CAN WRITE WHILE WAITING:

SOMETHING YOU CAN WRITE WHILE EATING:

SOMETHING YOU CAN WRITE WHILE "WORKING":

WAYS TO SNEAK IN A WRITING SESSION:

QUICK WAYS TO RECORD YOUR THOUGHTS:

A TASK YOU CAN SKIP TODAY IN ORDER TO WRITE:

A PROMPT TO START WRITING:

WAYS TO GET IN FLOW FAST:

AN EXCUSE TO WRITE:

WAYS TO WRITE WITHOUT WRITING:

EVERY TIME YOU HEAR THESE TRIGGER WORDS, WRITE A SENTENCE:

SCHEDULE A WRITING DATE:

___/___/___ _____
from ___:___ to ___:___
at _____
with _____