

Spend ten minutes compiling a list of every memory that pops into your mind. Don't censor. The next time you're stuck or drawing a blank, write the story of one of those memories. Don't try to create a perfectly structured story, just write it as you experienced it, going into as much detail as possible. Even if that writing isn't part of the book you're working on, it keeps you writing, and furthers your practice.

Describe one room in your house. Go into very specific detail.

Write about something mundane. How do you fold your laundry? What does an apple taste like? What is your favorite color and why?

Take a cue from Julia Cameron and write for three pages. Even if it is the same word over and over again or a long list of complaints about your jerk of a neighbor who keeps playing his music too loud, *write for three pages*. Try this once. Then try it every day for a week. Keep going.

Find a book – any book – and flip it open to a random page. Close your eyes and put your finger on that page. Whatever word your finger ended up pointing to, create a sentence using that word. Do that ten times. If you're feeling bold, don't stop at one sentence, see what happens if you keep writing.

Refer to your Core Values list. Choose one and start writing about it. See where that takes you – let yourself wander on the page.

Write about your writing process – What do you love about it? Dislike about it? How do you feel after a good day of writing? A frustrating day of writing? What do you hope to accomplish with your writing?