

Random Prompts / "Writing Sprints"*

Before writing...

A chance to be in the practice of writing...

- ✎ Write to the prompt as directed.
- ✎ Write without ceasing – pen to paper, fingers to keyboard.
- ✎ If handwriting, skip lines or leave space between lines.
- ✎ If you get stuck, simply rewrite the prompt over and over again until something else comes to the surface...
- ✎ Write, simply write...

After writing...

- ✎ Read, skim what you just wrote...
- ✎ What do you notice?
- ✎ What surprises you?
- ✎ What delights you?
- ✎ What are you reluctant to go back to in terms of further development? Why?
- ✎ What are you eager to go back to in terms of further development? Why?

* Thank you to Diane Roberts for the term "writing sprints."
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"Writing Practice Rules"

Natalie Goldberg, *Wild Mind* © 1990

- ▣ Keep your hand moving.
- ▣ Lose control.
- ▣ Be specific.
- ▣ Don't think.
- ▣ Don't worry about punctuation, grammar, spelling.
- ▣ You are free to write the worst junk in America.
- ▣ Go for the jugular.

"Suggestions for Writers"

Anne Lamott, *Bird by Bird* © 1994

- ▣ Pay attention.
- ▣ Take notes.
- ▣ Give yourself short assignments.
- ▣ Let yourself write [terrible] first drafts.
- ▣ Ask people for help.
- ▣ You own what happens to you.

And by the way, everything in life is writable about
if you have the outgoing guts to do it,
and the imagination to improvise.

The worst enemy to creativity is self-doubt.

~Sylvia Plath