

Establish Your Own Writing Habits

Do certain objects or rituals set the stage for your writing? Here are some ideas from which to choose. Check off the ones you would like to try or add your own.

Pre creation Rituals

- ____ 1. Clean the table, desk, or space surrounding you.
- ____ 2. Make a large pot of coffee or tea.
- ____ 3. Put a “Do Not Disturb” sign on the door, and turn off your phone.
- ____ 4. Have a bowl of freshly popped popcorn.
- ____ 5. Do three most boring chores.
- ____ 6. Write e-mails to two people, or write on your Facebook wall.
- ____ 7. Do 20 to 30 minutes of aerobic exercises, such as jogging, biking, or swimming.
- ____ 8. Meditate for 20 minutes.
- ____ 9. Sharpen all your pencils.
- ____ 10. Have relevant books or articles readily available.
- ____ 11. Wait until everyone in your living quarters is asleep.
- ____ 12. Read inspirational writing or poetry.
- ____ 13. Wash your hands, face, and hair, or take a shower or bath.
- ____ 14. Place your “power objects” near you for inspiration.
- ____ 15. Listen to stimulating or relaxing music.
- ____ 16. Dump the garbage or wash the floor.

- ____17. Look through art history books.
- ____18. Wake up in the wee hours of the morning.
- ____19. Write longhand before writing on the computer.
- ____20. Others _____.

Power objects

- ____1. Inspirational poems, sayings, prose
- ____2. Pictures of great people who inspire you
- ____3. Sacred statues, books, or prayer sticks
- ____4. Crystals, rocks, minerals.
- ____5. Plants, flowers, leaves
- ____6. Painting, photos, drawings, etchings, designs
- ____7. Good luck charms, amulets, feathers
- ____8. Favorite musical scores or CDs
- ____9. Statues or pictures of animals, angels, clowns, dancers, or children
- ____10. Others: _____.