

Tilt-A-Whirl

One way to create new nerve pathways in your brain is to modify how you do basic and familiar tasks. The term for it is *neurobics*, and some classic examples are brushing your teeth or dialing the phone with your opposite hand. You can give your brain an extra workout while writing by tilting your paper in the opposite direction from how you normally tilt it.

Most right-handers tilt their paper this way:



and lefties tilt it like this:



Today try tilting your paper the opposite way—as extreme as you can without straining your wrist. If you typically keep your paper straight, pick the more uncomfortable tilted position. Write until you get to the end of the page. Start with:

The Tilt-A-Whirl operator ...

TAKE THE NEXT STEP

Amusement park rides like the Tilt-A-Whirl are exhilarating for some and terrifying for others. The same holds true for various facets of writing. I feel exhilarated when I get to read my writing aloud. Others feel terror (or dread at best). What area(s) cause you the most excitement?

Focus on these. Do not let the areas that invoke terror stop you from being creative. When the time is right, you will figure out ways to tilt the terror on its head and make it through.