

STOP WRITE LISTEN

Begin with the starting phrase provided. Write until you get to the STOP sign. Even if you are in the middle of a word, sentence, or thought, STOP! Begin writing with the next starting phrase. Write from your heart. Be honest!

Start now:

When I face a blank page, I feel ...



What I really want to write is ...

TAKE THE NEXT STEP

Compose a permission slip, giving yourself permission to write what you want, even if it feels scary. The next time you sit down to write (or now), start writing what you really want to write.