

A colorful illustration of a kitchen. In the foreground, a red fox with a white chest patch sits at a round wooden table, eating breakfast. On the table are a bowl of cereal, a plate with a croissant, a small plate with a slice of pie, a blue and white striped mug, and a fork. In the background, a kitchen counter holds various items like a toaster, a kettle, and a sink. A person's legs and feet are visible in the upper left corner, walking towards a doorway. The overall style is whimsical and hand-drawn.

Module One

Handout: Freewriting

What is freewriting?

Get to know your writing style and find your writing voice by freewriting regularly.

Freewriting means writing without intention. Without a plan or a goal. Simply open your notebook and see what comes. It's also a great way to tap into memories and your imagination. Sometimes the seed of a story idea will start in our freewriting journals. It's a good idea to set aside a certain time each day and set your alarm clock. Short, regular sessions are more effective than long, irregular sessions.

I recommend creating a free writing ritual, which suits your lifestyle. Here are some ideas:

- Write for ten minutes as soon as you get up in the morning. Your mind will be fresh.
- Take a notebook on a walk. At the end of your walk, spend five or ten minutes writing whatever comes.
- Take a notebook in the car. Before you get out of the car at the end of your journey, spend five minutes writing.
- Take a notebook to bed and spend the last five minutes of your day writing.
- Use an inexpensive notebook so you don't feel pressured or too precious.
- Write like no-one is watching!

