



If you ever find it hard to sit down and write productively, this practice is for you!

It helps you get out of your own way so that you can go deeper, have more fun and write your most creative, authentic and powerful work.

Whether you're writing for yourself or for an audience of hundreds of thousands, this practice will help you refine your voice and your vision.

Here are some steps that I recommend for a more successful writing practice, wherever you are. They may seem simple, but they're also radical--and they work!

1. **SCHEDULE** your writing session on your calendar. All you need is 20 minutes!

Don't expect writing time to magically appear. Even if you have a free day with nothing on your schedule, don't expect writing time to appear on its own. Make a date with yourself and meet it. Schedule your writing time **ON YOUR CALENDAR**. And show up for it!

This recording is only 20 minutes and it guides you through a meditation and then give you 12 minutes of writing time. You might think: I can't get any real writing done in only 12 minutes. But with this recording, the meditation prepares you so that you stop your own monkey mind and can tune in deeply to yourself. Participants have been amazed: in 12 minutes they often get more writing done with this practice than they do in a normal two hour writing session.

- 2) **SHOW UP** and **SET GOOD BOUNDARIES AROUND YOUR WRITING**. Yes, you need to actually show up for your writing date with yourself. And when you show up, make sure it's in a comfortable place that supports good writing. Do you like to write in a quiet space? Make sure you have a quiet space. Do you like to write in a cafe? Go to a cafe for 20-30 minutes.

Put your phone in the other room. Disconnect your access to the internet on your computer so you don't get distracted. Tell the people around you that you're going to be busy and can't be disturbed for the amount of time you want to write.

3) **HAVE A CLEAR ON-RAMP TO YOUR WRITING TIME.** The recording and writing prompts is designed to deliver you straight to a productive —and insightful—writing session.

Don't just sit down and expect the muse to magically appear. Set the conditions to allow yourself to access your creative voice. That's why I created the writing prompts and audio recording.

The 10 writing prompts give you specific prompts/questions/ quotes/ words/ tools to jumpstart your writing and spark your creativity if you're not sure where to begin.

I suggest choosing your prompt before you begin the recording.

Then hit play.

You can use this practice whether you're sitting down to continue work on a longer project or whether you want to start something new! If you're continuing work on a longer project, these prompts can also help; a new, unexpected angle or approach is sometimes just what we need to get through any blocks.

Follow these steps with the tools I sent you, and let me know how it goes!

You can use the recording again and again with different prompts each time--or with the same prompts.

Reach out to me if you have any questions. And reach out to me with any insights, breakthroughs, success stories, too! I look forward to getting to know you!

Please also share this practice with any friends who might enjoy the practice! They can sign up to get the free recording and other free resources for writers from me here:

or here on facebook:

With smiles,
Nadia