

# MODULE ONE CHECKLIST

## BASIC CHECKLIST

RECOMMENDED

- **Lesson** (listen or read)
- **Close Readings** (listen or read)
- **Meditation at least once** (Try It before your writing session)
- **Yoga at least once** (OPTIONAL)  
Try it before your writing session. If your body can't do all the of yoga, just do what you can do. If you can't do any, watch the video and connect your writing life with your physical experience)
- **One or Two Writing Prompts**  
  
Do one of the starred prompts or choose the one that resonates with you  
  
Try the writing after meditation and/or yoga!  
  
A 10-15 minute writing session is often enough. If you can do more, great, but if not, even 10-15 minutes after meditation/ yoga can be very powerful!
- **Coaching/ Q and A/ Discussion session**  
OPTIONAL
- **Share and comment on Facebook**  
OPTIONAL

# MODULE ONE CHECKLIST

EXTRA CHECKLIST –  
CHECK OFF EACH TIME YOU DO

EXTRA

- Meditation + Writing Again**
- Yoga + Writing Again**
- Yoga + Meditation + Writing Again**
- Extra Writing Prompts**
- Suggested Readings**
- Explore and Practice with the Bonuses**