

Conjuring Clarity – Your Writer's Block Worksheet

Writers block is a luxury most people with deadlines don't have.

— Diane Ackerman

Below are three questions and a Call to Action to help you manage your ideas about writer's block, waiting for inspiration, and what it means to be a writer and live a writer's life.

How do you define writer's block?

In your opinion, what is the cause of writer's block?

Why do you think some people don't have writer's block and some people do?

Call to Action

Write something every day for **one week**. Decide how much time you want to allow yourself, and ***stay true to it*** for **the entire week**. Commit to 15-60 minutes each day.

If you need prompts, here are seven for you – one for each day. Feel free to use them in any order you like.

Day 1

Get up early enough to have the house to yourself – before everyone else wakes up. If you live alone, get up an hour earlier than usual if that's what you need to allow time for the exercise.

Prompt

Find one of your favorite objects. (This is not included in the 15-60 minutes of writing time.) Imagine that it has magical powers. What are you able to accomplish by having this magical object?

Day 2

Write someplace you normally wouldn't – on the bus or the train, in a coffee shop or a restaurant, at the library or a book store, or a local landmark or park.

Prompt

Scan the crowd and find a person. Write a vivid description of this person. Make up a name, and write her/his story. What brought them there? What are they looking for or working on

and why? What else is going on in their life, and how does being in this location on this day impact their life?

Day 3

Find an item from nature: a stick, a leaf, a rock, a bug...

Prompt

Give a detailed description of the item you chose. Evoke as many senses (for the reader, through your description) as is application to this item.

Day 4

Make one of your favorite meals.

Prompt

Write about the person you would serve this meal to if you could. (This can be someone living or dead, someone you know/have known, or someone famous.) Write a scene of the two of you enjoying this meal and the conversation you have.

Day 5

Meditate or daydream.

Prompt

Write about whatever came to mind during your meditation/daydream.

Day 6

Call to mind a singular person you would like to entice to do something. This can be a character in your book or short story. This can be someone you know in your life. This can be a potential client you would like to work with.

Prompt

Write a love letter to this person. Explain what it is you love about them. Explain what you would like for this person to do. Describe what would be different/better if they did what you want. Tell them why you want them to take the action you have in mind

Day 7

Listen to a favorite song.

Prompt

Imagine that you are at a dance, and the band starts playing your favorite song. You see someone across the room you want to dance with. Your desire is in direct conflict with your fear. What do you do?

Sending you mad writing mojo...

