We are all Writers Workshop

Resources from Holly Hausmann

Some Suggestions for Starting (and Maintaining) a Writing Practice:

According to Woody Allen, 90% of life is just showing up.

I encourage you to show up for your writing every day (even for only ten minutes!).

It may just be a word, a sentence, or a paragraph.

It may be a page, or ten pages.

It doesn’t matter what your write about, as long as you begin writing.

Just show up.

This is how the magic begins.

Remember the Rules of “Free Writing” (per Natalie Goldberg):

1. Jump in and keep your hand moving.
2. Accept what comes to you. Respect the energy of first thoughts.
3. Don’t pause to reread the line you have just written.
4. Keep writing. Let each new sentence come.
5. Don’t cross out.
6. Don’t worry about spelling, punctuation, or grammar.
7. Allow yourself to get lost in your writing.

Additional Resources on Creativity and the Writing Process:

*Writing Down the Bones*, Natalie Goldberg

(also *Old Friend from Far Away, The Practice of Writing Memoir*)

*Bird by Bird*, Anne Lamott

*Writing to Change the World,* Mary Pipher

*Leaving a Trace*, Alexandra Johnson

*Big Magic*, Elizabeth Gilbert

*A Writer’s Book of Days*, Judy Reeves

*On Writing*, Stephen King

A Collection of Free Writing Prompts

What is the state of your heart, right at this moment?

I remember / I don’t remember…..

Write about what you can’t forget.

Write about a time you changed your mind.

Write about something you lost.

Write about something that made you cry.

Write about a small kindness.

Write about a small mistake.

Write about a pair of shoes.

Write about a fire.

Write about something you see every day.

Write about the story of your name.

Write about your first memory.

Write about the first time you remember being afraid. `

Write about a room in your childhood home.

Write about a street you lived on.

Write a little story about who you were as a five year old.

Write about the five year old who still lives inside you today.

Write about everything you remember about kindergarten.

Write about someone’s hands……….

someone’s eyes……….

the sound of someone’s voice…….

the contents of someone’s closet……

Write a love letter, to anyone.

Write about something you didn’t say.

Write about something you inherited.

Write about a silence…..

Write about the different types of silence…

Write about something unsaid.

Write about a pair of shoes.

Write about a scar.

Write about a wound.

Write about a healing.

Write about a night you didn’t sleep.

Write about your favorite word.

Write about a time you became lost.

Write about a time you found your way.

Write about a time you felt the most alive.

Write about something yet to happen.

Up until now……….

I am finally old enough to……..

What if……….

Write about packing a suitcase.

Write about a possibility.

Write about a story that lives inside your body.

Write about what calms you down, what brings you peace.

Write about what makes you come alive.

Write about a box you have been placed in.

Write about survival.

Write about something you see every day.

Write about beginning again.

Write a story that begins “once upon a time”, with you as the main character.

Write about a lullaby.

Write about a time someone said no…...

a time someone said yes…..

Write about a photo that doesn’t exist, that you wish did.

Write about something sacred.

Write about good luck.

Write about bad luck.

Write about bravery.

Write about a time you were fearless.

Write about what opens your heart.

Write about someone on the other side.

Write a letter to a relative you never had the chance to meet.

Write a letter from a relative you never had the chance to meet.

Write about time.

Write about a birthday.

Write about a question that is living inside you right now.

I still don’t know……..

Write about what you cherish.

Write about what the word “freedom” means to you.

Write about something you know for sure.