

Freewriting Guide

Materials

- Timer
- Pen and paper or computer
- 10 minutes of quiet and focus

How to prepare

1. Decide whether you want to just write whatever comes into your mind (a brain dump) or you want to focus on a particular topic.
2. If you're doing a focused freewrite, choose your topic and write it at the top of the page
3. Set your timer for 10 minutes
4. Write without stopping

What to do after

Decide whether you want to explore any of the ideas in your freewriting further. If you do, ask yourself the following questions:

- How does it fit into your project as a whole?
- How does it develop or challenge your previous thinking on the topic?
- What more do you need to do to turn it into a useable (printable) passage?
- Do you need to do more research? Or do you just need to polish the writing?
- If you don't often find such hidden gems in your freewriting, why not? Have you, in previous sessions, been overly critical of what you had written? Or was there something different about how you approached the exercise this time?