

A writing exercise

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The following "Develop a Writing Plan" exercise is intended to have you think about your writing, develop a writing plan to suit your strengths, and use that plan to schedule writing into your work-week creating a writing habit and an identity as a *writer*. (Remember that writers write).

A. Answer the following questions:

- When do you feel most alert when writing?
- What time of day is best for you to write?
- What obstacles prevent you from writing?
- How can you manage writing obstacles?
- How will you make time to write?
- What things and conditions do you need to write?

B. Post your answers in a prominent place in your writing area. (You do have a writing area, don't you? If not, create one.)

C. Find an accountability team. You could do this via a FaceBook group, for instance. You will use this team for support and encouragement to show up and write.

D. Create a writing schedule for a project you want to complete. Consider the following:

- What deadlines will you create? So many words a day? X amount of time X times a week for a writing session? Where will you write? Who is on your accountability team/writing group? What is your reward for writing?

E. Use a permanent marker to write in your plan on your calendar. Honor your commitment.

F. Reward yourself for engaging in your writing habit.

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