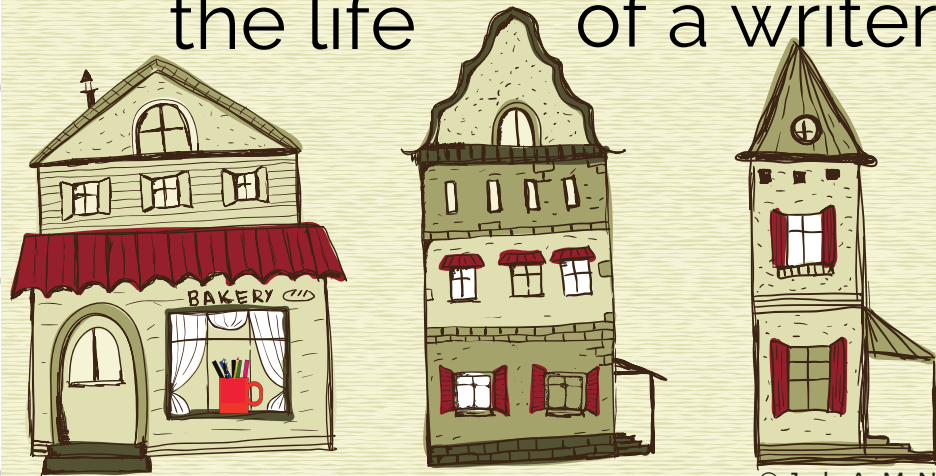


I love to write...

because I live



the life of a writer.



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BLUEPRINT
to

Ignite your Writers Gift

SECRET 1. To ignite your Writers Gift, first, ask yourself why you love to write. Write the answers on your mini-poster. Post where you'll see it most often. Add more reasons over time!

SECRET 2. Hang out with wisdom keepers, heart-centered writers, and people who are supportive of your writing. Call on your Inner Guidance and your bodymind for support. (I'm here when you have questions.) Know you are never alone!

SECRET 3. Start collecting seed-words you love and cultivate them in your personal **daily** writing practice. Grow one sentence at a time at first. Almost no clean-up after writing practice; put away your pen and tiny notebook and say, "I wrote something today. I'm growing my garden of gifts!"

SECRET 4. Curl up with a good book every day; one paragraph, if that is all you can do. Read the books you enjoy. Share the love with others; "Listen to this! Isn't it wonderful?"

SECRET 5. Revisit Secret #1 each week and read aloud the reminder you posted on the wall, "I love to write.". To **embody** your passion, copy one of your notes on a scrap of paper and wear it in your shoe for a day.

SECRET 6. Keep pens and journals within reach all over your life: bedside, purse, backpack, glovebox, bathroom drawer in a ziplock bag.

SECRET 7. You can live in a smaller house now. All you need is a notebook and a pen. Maybe a laptop, but nothing fancy.

Steven King's advice will grow your gifts:

- Stop watching television.
- Don't waste time trying to please people.
- Write primarily for yourself.
- Tackle the things that are (emotionally) hardest to write.
- When writing, disconnect from the rest of the world.
- Don't be pretentious.

PS- Feed the Muse, and Laugh!

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