

# Freewriting Star Sheet



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| 26 | 27 | 28 | 29 | 30 |

#30DaysWithAK

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1. Create your Free-Writing Home in your Notebook
2. Face your Resistance: how does it really feel?
3. Choose your Mantra to banish your gremlins. Write about it.
4. Piggyback your Free-Writing on a routine that already works.
5. Why do you want to be a better writer? Explore the benefits.
6. Explore the mood of your favourite writing music.
7. Doodle a half page to warm up before you write.
8. Has someone ever made your Voice feel small?
9. What is weighing on you? Braindump your stress.
10. Grab a refreshing or comforting beverage.
11. Dear Notebook: share your gratitude or vent about writing.
12. Snack Attack! Give yourself a favourite treat while you write.
13. The Pen is Mightier...get a luxurious pen to use.
14. Get physical to shake off your writing gremlins.
15. Go outside! Travel 5 minutes away. Stop & write about the space.
16. T-chart: Resistance words vs. Freedom words.
17. Write about a time you liked your Voice.
18. Describe a crazy, dream-stage to share your Voice from.
19. Whose Voice do you admire? Why?
20. Toot your horn! What do you love about yours?
21. Write the first line of your fave book & continue.
22. Your fave teacher: what if they didn't share their Voice with you?
23. Timer time! You only get 3 minutes today. Go!
24. Revisit Resistance: what has changed?
25. Get scrappy & decorate your page today.
26. Monkey, Monkey, Underpants! Nonsense is ok today. Use the Stream of Consciousness technique today.
27. Pick a stranger & pretend you're them. Write their journal today.
28. Write & decorate your favourite quote & go with it.
29. Pick an imperfection in your Voice & describe it with love.
30. Brainstorm 30 prompts for next month.