

STAYING IN FLOW DAILY CHECKLIST

This is your MAP of Success. Follow it daily to reach your Treasure Chest of Dreams.
Print out today's STAYING IN FLOW checklist. Mark off the steps as you achieve them.
Don't allow your creativity an off switch!

Complete before each writing session.

- ___ Step 1) RE-CONNECT TO YOUR CODE
You don't have your own personal writing CODE yet?
Stop right here and get yourself over to MAP Your Success.
<http://www.themotivatedwriter.com/MotivateYourLife.html>
- ___ Step 2) COFFEE WITH YOUR CHARACTERS
Consciously daydreaming about your character while in a relaxed state removes the pressure off writing and opens your mind to all kinds of possibilities.
- ___ Step 3) BANISH YOUR INTERNAL EDITOR
Have you shut your Red Pen inside its box?
- ___ Step 4) GET YOUR FINGERS MOVING
Re-type the last page of your story. Get your fingers moving and watch the magic happen.
- ___ Step 5) WRITING IN FLOW
Honor yourself. Honor your talent. Start writing now.

Take a break

- ___ Step 6) STRETCH IT OUT
Get the oxygen flowing. Move. Breathe

Complete at the end of each writing session.

- ___ Step 7) SET THE STAGE
Fill out your template and hook yourself back into writing.
- ___ Step 8) CLEAR YOUR DESK
A cluttered desk equals a cluttered mind. Free your writing space from accumulated stuff and free your mind.
- ___ Step 9) HONOR YOUR STORY
Cherish your story as you would any valued possession.
Layout the next day's work so it's the first thing you see when entering your writing space.

Before your go to bed.

- ___ Step 10) SLEEP ON IT
Writers are always working even when they are sleeping.
Go to bed with a story problem and let your subconscious do the work.