

Finding Time to Write

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Instructions:

1. Fill in one week with your activity as fully as possible.
2. Hunt for patches of time where, in all honesty, you know you were wasting time. Look for things that trigger long periods of timewasting (e.g. sitting in front of the TV) and procrastination activities (e.g. cleaning).
3. Highlight them a different colour.
4. Look for times when you could write, preferably around the same time each day.
5. Make these times into appointments. Print out a new timetable with writing times marked and highlighted, put them in your calendar, or set alarms on your phone.

Get Writing!

<http://www.urbanwritersretreat.co.uk>