

F-R-E-E-WRITING for Creative Entrepreneurs

A Writing Practice To Center Distracted Minds And Tap Creative Flow

Begin with some creative breaths. Lengthen your out breath, squeeze out more air. Relax and observe the in-breath. Repeat until muscles and mind relax.

Writing F-R-E-E is writing Fast, Raw, Exact and Easy. F-R-E-E-Writing practice is writing this way daily, for an allocated time, or page count.

The most important quality of F-R-E-E-Writing is speed. Write as fast as you can, as raw and exact and easy as you can. Then stop.

DON'T THINK JUST WRITE



Write raw:
Forget rules of grammar, spelling, punctuation and let the content too be unrestrained.

Write exact and easy:
Note the truth about your life now: what you're seeing, hearing, tasting, feeling, recalling.

If possible, write with pen on paper. Your handwriting is as unique as your fingerprint.



All you need is 15 mins every day

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