

Write. Now.



Sit down and do this.

Set a timer for two minutes. Your job is to write for the entire time. If you go off topic, that's ok, the aim is that you keep moving be it pen on paper or fingers on a keyboard. Complete this thought: "I firmly believe....." Don't stop writing!

Set a timer for two minutes. Look at what you've written. Think of a character who has the exact opposing beliefs that you do. This time, write more deliberately. Stay on topic - you're writing a character description for a character who has the exact opposite beliefs. What do they look like? What job would they have? What would their relationship be with their family? What would their bedroom look like? Once you hit two minutes, stop writing.

You wrote today. Well done.