

Course
Outline
for Writember

the
WRITEMBER
WORKSHOP

time to make
writing a habit

because your words matter

FAYE KIRWIN WRITEROLOGY



Writember Preparation

*let's get you ready for the
challenge ahead*

WRITEMBER PREP OUTLINE

What's to Come?

When introducing a big change into your life, like writing every day, it's a good idea to do a bit of prep work first. That's why I have two pre-Writember lessons for you to complete before you embark on the 30 day challenge. These lessons cover topics such as:

- When are your free moments for writing?
- When are you most creative and energetic?
- What's the best writing goal for *you*?

The first of the two prep lessons requires at least seven days to properly complete, so you should get started on this section of the Writember Workshop **at least a week** before you move onto the 30 day challenge.

Included in this module: 2 lessons + 2 worksheets + 1 certificate



Integrating Writing into Your Routine

*build the ultimate routine by
integrating writing into
your daily life*

WEEK 1 OUTLINE

What's to Come?

Now on to the handy stuff.

The focus of the first week of Writember is on **integrating writing into your daily routine**. To do that, each of this week's lessons will focus on one of the following topics:

- How can you schedule successful and productive writing sessions?
- Which are the most effective writing reminders for you?
- How can you create the optimal writing environment?

By the end of **WEEK 1**, the physical act of sitting in a chair and writing should come much more easily to you.

Included in this module: 7 lessons + 7 worksheets



*Finding &
Maintaining
Motivation*

*find your personal motivation
triggers and keep writing,
day in, day out*

WEEK 2 OUTLINE

What's to Come?

Now that you've acquainted yourself with the practical side of writing every day, from creating the best times to the best places to write, it's on to a more psychological battle.

The second week of the Writember Workshop focuses on perhaps the most challenging aspect of making writing a habit: **finding the motivation to sit down each day and write**. This week's lessons will tackle topics such as:

- What are your personal reasons for writing?
- How can you pick yourself up after breaking your writing streak?
- Where can you find support, encouragement and a bit of friendly competition when it comes to writing?

By the end of **WEEK 2**, you should have a whole set of new tricks up your sleeve for dealing with a wavering will to write.

Included in this module: 7 lessons + 5 worksheets + 3 downloadables



*Seeking Out
Sources of
Inspiration*

*become the master of
creativity and learn how to
inspire yourself on demand*

WEEK 3 OUTLINE

What's to Come?

The third week of the Writember Workshop focuses on that flighty and fickle friend: inspiration. If you want to make writing a habit and work at it each day, **you need a constant source of inspiration to keep you going.** This week's lessons will cover issues such as these:

- Why shouldn't you wait for inspiration, but chase after it with a club?
- Where can you find new ideas when you haven't a clue what to write about that day?
- How can you keep your imagination healthy and avoid burnout with certain techniques and exercises?

By the time **WEEK 3** ends, you should have mastered inspiration and be able to summon it to your side at will.

Included in this module: 7 lessons + 7 worksheets



Improving Self-Discipline

*master self-discipline,
learn self-control and
focus your mind*

WEEK 4 OUTLINE

What's to Come?

In the fourth week of Writember, you'll take responsibility for your actions, realise what you're capable of and exercise control over your writing activities. That's right—these last seven lessons are all about **developing the self-discipline required to make writing a habit.**

Lessons this week will broach topics such as:

- When writing, how can you focus your thoughts on your story and block out distractions?
- How is flexibility an invaluable asset for someone who writes every day?
- What is the science behind willpower and how can you take advantage of that?

WEEK 4 of Writember will tie together the skills of previous weeks with the mental attitude key to writing every day. Because, ultimately, success or failure comes down to you and your mindset.

Included in this module: 7 lessons + 7 worksheets + 1 certificate



Wrapping Up Writember

*the resources, the community
and the on-going challenge*

WRITEMBER WRAP-UP OUTLINE

What's to Come?

In the last two days of Writember, you'll be **looking back to see how far you've come and looking forward to plan what's next**. These last couple of lessons will cover topics such as:

- What resources can you use to help you on your daily writing journey?
- Where can you continue to connect with fellow writers?
- What goodies do you get as a Writember graduate?

The final two days of Writember will wrap up everything you've learnt so far and give you the tools you need to keep writing each day, every day from now on.

Included in this module: 2 lessons + 1 worksheet + 1 downloadable