

Day 26

Today, take a break from the way you have been working. If you have been writing less than you wish, maybe today is a day to write intensively. If you have been diligent and steady, perhaps don't write at all. Maybe instead of writing, do something small for the world of your writing, like making a puppet of a character in your story out of something simple like a paper clip and a post-it, and taking the puppet along with you on a micro adventure, to learn something new about the world.

Even if you haven't been diligent and steady, take a break if you need one.

Warmup: 10 Slow

Try a sensory warmup. Ten slow breaths and ten slow sentences.