**Create a writing environment to support a writing habit**

Writing is a tool that can be used for personal discovery, to heal, to stimulate new ideas and to create projects like books, blogs, and podcasts. To help spark your creativity you can create support systems that turn on a flow switch. Setting structure allows room for flow. Think of these ideas as a way to spark your creativity, the way moving a match along the striker lights a flame.

1) Writing in the **same place** and writing at the **same time** of day. This can be a desk or the kitchen table in your home or a table at the local coffeeshop or in a library. 6am, noon, 6pm, or midnight. Pick a place and time that works best for you for now.

2) **Playing music.** Playing the same piece of music activates a reflex that stimulates a flow of ideas and feelings. You hear the song and ideas start to flow.

3) **Setting a boundary:** Communicating with people you live with to let them know when you are going to write. Wearing headphones. Putting a sign on the door. Setting a Timer.

4) Taking care of your **basic needs** before writing. Food, beverage, temperature of room, and a clean or messy space. Whatever works best for you.

5) **Supplies:** What do you need? Computer, pens, pencils, internet, dictionary, phone, materials for researching. Headphones. Set it all up in advance.

6) **Clear all distractions:** Do a brain dump of all of the things you are going to do later by making a list. Phone calls. Errands. Appointments.

7) **Senses:** What do you need to relax into writing? Think of all five senses, Eyes, ears, nose, mouth, touch. Candles, essences, a blanket, lighting, colors.

8) **Timing:** Allow for a writing flow and take breaks.

9) **Creativity inspirations-** A mantra. Quotes for inspiration.