

1 Hour Writing Session Checklist



greg gough writes

Pre-game:

- Pick out your music
- Prepare your text for copy & compose/apprenticeship
- Collect your writing prompts
- Set phone to Do Not Disturb!
- Close the door (literally & figuratively)

Free Write - 15 minutes

- word vomit
- type incoherently

List Prompt - 15 minutes

- Clickbait prompt
- Anaphora list (repetition of a word or phrase. Ex. Every sentence begins with I Remember)

Copy & Compose/Apprentice - 30 minutes (option one)

- hand copy the passage
- make a textually close original version of your own
- explicate what you learned and appraise how you did

Flash Fiction prompts - 30 minutes (option two)

- 2 truths & a lie
- your version of recurring Magazine article
- your self-aggrandizing talk show story

Reflect on your 1 hour writing session

- give yourself a big hug, you did it!
- journal a paragraph about how it felt, what you learned, any new ideas?
- make a plan & psyche yourself up for tomorrow