

# 4 Ways to Stay in Touch With Your Writing Life

*By Mary Klest*

Whatever your occupation, there are easy ways to satisfy the writer within. Strengthen your writing muscle by following these suggestions. After three weeks you will discover the joy of a writing habit.

## **Write Daily**

Writers write. Carry a pen and notebook with you at all times. You'll see the life you're living through your journal pages. Describe people, places and events as well as feelings and reactions. Remember dialogue and record mannerisms. Use all of your senses, not just what you see but also what you hear, smell, taste, and touch.

## **Use Writing Prompts**

If you can't think of anything to write about relax and take a few breaths. Write what you remember of your writer's life. Recall memories of writing while in elementary school – both positive and negative. How was writing valued and modeled in your home while growing up? That is a writing prompt (in disguise). To find prompts on-line visit: <http://www.creativewritingprompts.com>. Let yourself go. No one is watching.

## **Take a Class**

Look for writing classes offered at a nearby community college, library, or alternative site. I teach writing workshops at a retail pen and paper shop. With an artisan inspired interior it works well as a writing studio. You can find classes in your area on a variety of subjects at [www.Teachstreet.com](http://www.Teachstreet.com). Check it out.

If you can't get to a class, try an on-line writing workshop. I enrolled in one through the University of Wisconsin in Madison and got my pen moving in a new direction. I indulged my interest in science by taking a class with science writer Dan Ferber offered through [FreelanceSuccess.com](http://FreelanceSuccess.com).

## **Attend Literary Events**

To find authors visiting your area go to [www.booktour.com](http://www.booktour.com) and enter your zip code. You'll get a list of events via email when you register at the site. I met author Susan M. Tiberghien at a local

bookstore reading. Pick up *One Year to a Writing Life* by this author. She offers twelve lessons on writing covering a variety of genres. Her book contains exercises and good writing examples.

Look for literary events in the entertainment section of newspapers. Read regularly and you're bound to find someone or something of interest that will inspire you as a writer.

All sorts of reasons and behaviors keep people from writing. Tell me what issues you're facing in your writing life. What is the one problem nagging you that you really want to solve? Send your reply to [mary@maryklest.com](mailto:mary@maryklest.com).

*Mary Klest is a writer and teacher based in the Chicago area. You are free to print or publish this article provided the article and bio remain as written and include a link to <http://www.maryklest.com>.*