

# Writing Exercises to Tighten Your Writing



**These exercises are to motivate writing:  
Read each exercise and try to do accordingly.**

## 1. Free Association

This is probably the most popular writing exercise to get the juices flowing. Pull up a new Word document, take a deep breath and just write whatever comes to mind. Dig as deep as you can into your subconscious and don't worry about what comes out. Sometimes there's a mental blockage with something that's been bothering you, so it helps to write it down and get it out of your system.



## 2. Think Outside the Box

Think of something you're passionate about, like a hobby or a love interest, and write everything you know about it. Sometimes writing slumps happen and it helps to write about something you love. Even if you just write a paragraph, it's better to write something that's not your current project. This will rejuvenate you to re-start writing.

