

Tips for Beginning Adult Writers

Don't be scared

Your story is valid and you deserve to tell it. Don't worry about who will be hurt, angry, or concerned about what others will say. You're writing for you, not others.

Recall the Memory



Pick One

Write down the details of the first memory you want to tell. What happened? Who was there? What did you see? Do not stop writing until you've gotten every detail on the memory down.



Walk Away

Now that you've gotten it down, walk away from it. Take a break and do not think about it for 24-48 hours.



Read it Aloud

It's important that you get used to hearing your voice reading your work. No one will give the words the same importance as you. Reading your work aloud allows you to develop your voice.

Make Changes

Now that you've read your work out loud, what changes need to be made? What do you need to add? What can be removed? After you make the changes, walk away from it again.



Edit/Revise

Get someone to read your work. This should be someone who will be honest with you and whose opinion you trust. If they are your friend, they will be truthful without being hurtful.

Reflection

Why was this story important to tell? Make sure to reflect on this memory and discuss what it meant to you.

Create stories using writing as a spiritual practice

