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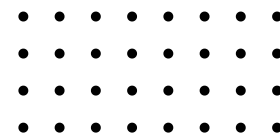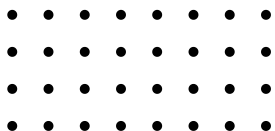
WRITING CHALLENGE

WORKBOOK

Jessie Hayden

Here's how
to participate in the Challenge

WEEK 1 REFLECTION:

What did you observe about your writing flow from Day 1 to Day 5 of this week's challenge?

RULES FOR THIS CHALLENGE

For **Challenge #1: The 5-Day Written Kitten Writing Challenge**, you will use the Written Kitten website to start easing into writing. Your challenge is to go to the Official Written? Kitten! (writtenkitten.co) website, and write at least 100 words per day for five days. *(If you want to push yourself, try writing an additional 25 words a day over the 5-day period).* That's it!

NOTE: If you use Chrome to access Written Kitten, you will be able to save your work.

THE WRITING PROMPTS

DAY 1: Write down the thoughts that are going through your mind right now.

DAY 2: Describe where you are right now with as much detail as possible.

DAY 3: What are three things that could have happened on your way to _____ (school, work, the grocery store, etc.) today but didn't?

DAY 4: What's the best advice someone ever gave you?

DAY 5: Describe the emotions or thoughts you experienced after doing something brave, kind, or generous for the benefit of someone else.

Here's how

to participate in the Challenge

RULES FOR THIS CHALLENGE

For **Challenge #2: The Flex Your Writing Muscles Challenge**, you will respond in writing to each of the four prompts listed below.

You may respond to these prompts in this workbook, but you do not have to do so. You will not turn in your written responses to these prompts.
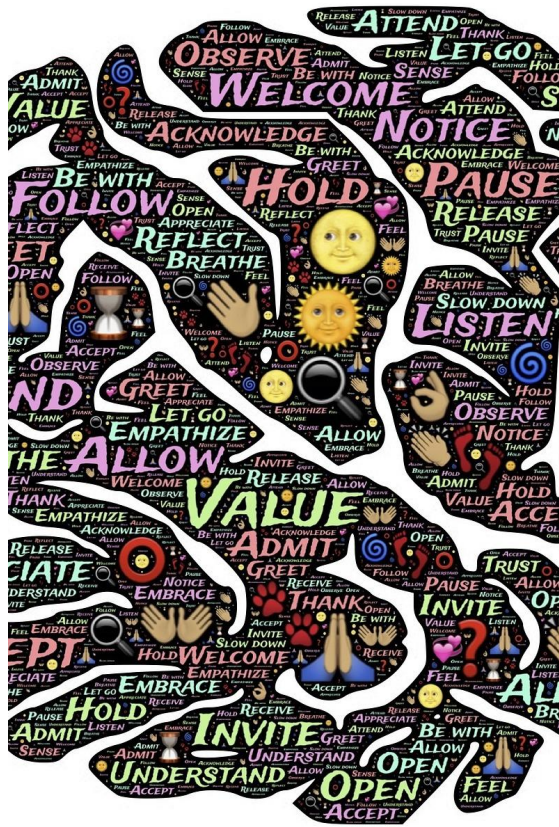
THE WRITING PROMPTS

Prompt 1: Imagine that you are going to write an article on this topic: *We all have favorite activities that we enjoy. Write an article to convince your readers to try your favorite activity.* Now write *ONLY* the first sentence of this article. *How will you grab the attention of your readers in a single sentence?*

Prompt 3: Now, write the introductory paragraph for the article topic introduced in Prompt 2. Include your opening sentence (from Prompt 2) at the beginning of your intro paragraph. Suggested length = 150-200 words

Prompt 3: Finally, write the entire article on the topic introduced in Prompt 2. Suggested length = 450 - 500 words

Here's how

to participate in the Challenge

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RULES FOR THIS CHALLENGE

For **Challenge #3: The Mindful Writing Challenge**, you will have the opportunity to experience mindful writing. The mindful writing prompts below will sharpen your powers of self-observation and self-awareness.

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THE WRITING PROMPTS

PROMPT 1: What am I most grateful for at this moment? How can I express this gratitude?

PROMPT 2: What are the challenges I am facing that are supporting my growth?

PROMPT 3: *Where in my body do I feel tense or blocked? I will release this tension/blockage by...*

PROMPT 4: How can I revise a negative story or message that I tell myself into a positive one?

PROMPT 5: What are some ways in which I express my values through my actions?

___

WEEK 3 REFLECTION

How would you describe your mindful writing experiences during this week's challenge?

Here's how
to participate in the Challenge

WEEK 4 REFLECTION

How did writing in nature and about nature impact your writing experience during this week's challenge?

RULES FOR THIS CHALLENGE

For **Challenge #4: The Nature-Inspired Writing Challenge**, you will complete four nature-inspired writings in any nature or greenspace setting(s) of your choosing.

THE WRITING PROMPT

PROMPT 1: Go into a natural environment or greenspace setting of your choosing. Find a comfortable place to sit or recline. Record what you sense and observe in this setting for at least 10 minutes.

PROMPT 2: Go into a natural environment or greenspace setting of your choosing. Focus on one specific form or species within this natural environment (a cloud, a tree, a blade of grass, a leaf, an acorn, etc.). Record your observations.

PROMPT 3: Go into a natural environment or greenspace setting of your choosing. Find a comfortable place to sit or recline and simply be in this space for 10-15 minutes. Then, ask yourself what this space and/or the experience of being in this space reminds you of. Record that memory and explain how (or why) being in this natural environment prompted this particular memory.

PROMPT 4: Go into a natural environment or greenspace setting of your choosing. Find a comfortable place to sit or recline. Assume the 'persona' of one living (organic) entity in that environment. Then, describe what you are seeing, feeling, and thinking about in this natural setting from the perspective of the 'persona' you have assumed.