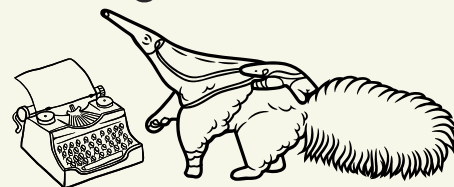


# Creating Sustainable Writing Habits

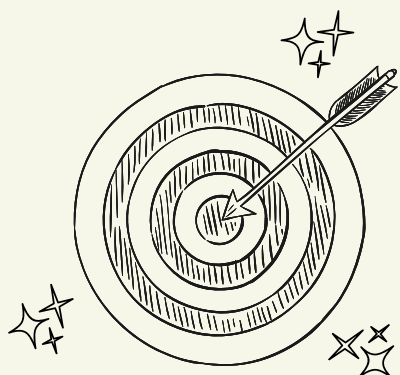
## Practice with Intention



- Writing leads to more writing -- consistency counts! Even just one page a day!
- Create drafting and outlining goals based on your hard and soft deadlines
- Build in accountability for yourself outside the classroom
- Journal for self-expression, writing logs, and venting



## Set SMART Goals

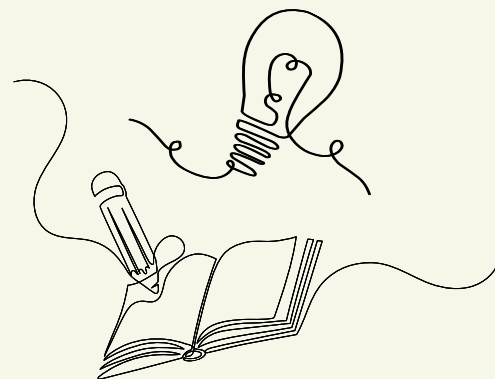


Specific  
Measurable  
Actionable  
Relevant  
Time-bound

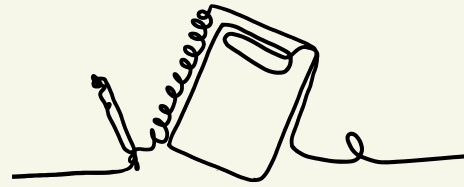
The use of SMART goals allows us to clarify our ideas, focus our efforts meaningfully, use our time and resources (like the CEWCI) effectively, and increases our chances of progress and success.

## Examples of SMART Goals for Writing

The goal needs to be small and specific enough for it to feel feasible and achievable. For example, when assigned an argumentative research essay during week 5 that is due finals week, an ineffective goal would be: Write .....



# Recommended Tools & Apps for Intentional Writing Practice



## Focusing Apps:

- Pomodoro Method
- SelfControl (Macs)
- Freedom
- FocusWriter (Windows)
- StayFocused (Chrome)
- Cold Turkey

## Planning & Habits:

- Notion
- Habitica
- Obsidian
- Evernote
- Skim



## Different Habits/Practices to Try In Your Own Writing Processes:

- Chunking your writing sessions up into smaller, more manageable time frames (e.g. 10-15 minutes at a time, then taking a break)
- Read your writing aloud during drafting and revision to step into the reader's perspective
- Annotate your own writing during revision -- this will help you remember ideas and questions you may want to revisit
- Outline and/or "braindump" ALL of your ideas during your brainstorming process -- any structure you find helpful will work!
- Try writing in different environments until you figure out what is most productive/helpful for you (e.g. quiet study areas, soft background noise, your kitchen table, a library, etc.)

