

Writing: 5-Minute Exercises, Chapter Outlines, and Blueprints

General 5-Minute Writing Exercise	
1	Pick 3 words - any 3 and write for 5 solid minutes
→	Do this exercise in 5 minutes... and that's it - only- seriously! Take this exercise seriously.
→	First sentence must start with some form of 1 of the 3 words (-ly, -ing, -ed type words are all okay)
→	The other 2 words must appear in the 1st paragraph
→	Do not stop, do not edit, do not hit backspace, just let it flow now
→	Don't assume it will be bad, good, or applesauce - just do it - be neutral
2	When the 5 minutes is up, you can then correct simple typos / grammar

Specific 5-Minute Writing Exercise	
1	Think about what you want to write about - give it some time
2	Ask yourself why you think this topic / subject / item is significant (to have fun is a fine choice)
3	Write down your answer in the form of a significance statement - 1 sentence
4	Without too much editing, change your significance statement into question form
5	Read the question, close your eyes, and imagine (taste, touch, sound, sight, smell, etc) the answer
6	Write down 3 words that best describe that imagined answer - POWER WORDS (not the, it, she, him, etc)
7	Pick those 3 words and write for 5 solid minutes
→	Do this exercise in 5 minutes... and that's it - only- seriously! Take this exercise seriously.
→	First sentence must start with some form of 1 of the 3 words (-ly, -ing, -ed type words are all okay)
→	The other 2 words must appear in the 1st paragraph
→	Do not stop, do not edit, do not hit backspace, just let it flow now
→	Don't assume it will be bad, good, or applesauce - just do it - be neutral
8	When the 5 minutes is up, you can then correct simple typos / grammar (try not to edit content!)

How to Make a Chapter Outline	
1	Make a list of 18 blank lines
2	Now list the 18 things you want to say to the reader
→	Don't forget: Who, what, when, where, why, how (these could be the 1st 6)
3	Now find the 3 you think are the least useful / valuable
4	Remove those 3 bad ones to get down to 15 total
5	Take the 15 elements and put them in the order you want to present them to the reader (VERY IMPORTANT)

Taking Your Chapter Outline to a Chapter Blueprint then a Completed Chapter	
1	Look at each of the 15 items and ask yourself: Why is this item significant?
2	Change each of the 15 items into a significant statement - a single sentence on why this item is significant.
3	Leave 3 spaces below each significant statement.
4	Change each significant statement into a question - don't change it too much, just change it into a question.
5	Read any question, close your eyes, imagine the answer to that question - no more than a couple of minutes
6	Write down 3 words that best describe that imagined answer - POWER WORDS (not the, it, she, him, etc)
7	Pick any significant question you just wrote and do the 5-Minute Writing Exercise
8	When the 5 minutes is up, you can then correct simple typos / grammar - don't edit too much/trust your work.
9	Repeat steps 5 through 8 for the remaining 14 questions
10	Congratulations - you now have a complete chapter! Now do it for each chapter and there's your book!