## 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!

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