

WRITE YOUR 2019 INTO EXISTENCE: SEVEN DAY WRITING LIFE ROADMAP CHALLENGE

DAY 4 WORKSHEET: FIVE W's

PART 1 INSTRUCTIONS: WHO, WHAT, WHERE, WHEN

Set a timer for 5 minutes. Quickly respond to the questions in each section before the timer dings. Do not over-think your responses; just write down what first comes to mind. Skip any that do not resonate.

WHO:

For whom do you write?

Whom do you serve or wish to serve?

WHAT:

What makes your heart sing?

What fills your cup?

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WHERE?

Where do you show up as your most authentic self?

Where would you like to see your work (published, featured, discussed, showcased, studied)?

WHEN?

When does writing feel most joyful? Most easeful?

When do you feel most accomplished?

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PART 2 INSTRUCTIONS: WHY?

Set a timer for 3 minutes to answer the final W (WHY) (pages 3&4)

Quickly respond to the questions in each section before the timer dings. Do not overthink your responses, just write down what first comes to mind. Skip any that do not resonate.

You might want to use the following framework to help answer the rest of the questions below:

I _____ x _____ because _____ y _____.

I _____ x _____ in order to _____ y _____.

Y = Your WHY.

WHY?

Why do you write?

Why do you publish?

Why do you create?

Why do you perform?

Why do you teach?

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Why do you connect?

Why do you do what you do?

What Is Your WHY?

DEBRIEF

** Hold on to the “why’s” you’ve outlined above; they are the underlying motivators that keep you going.**

After completing this worksheet, circle or highlight the 3-5 responses that feel most important and/or pressing to you.

BONUS ACTIVITY: MISSION STATEMENT

Use your 3-5 Key Ws to help shape a working “Mission Statement” for your writing life.

Here’s my working Mission Statement as an example:

“Through my writing, teaching, and advocacy, I strive to amplify Puerto Rican and other underrepresented voices and to support aspiring and emerging writers from underrepresented communities—especially women of color writers.”

YOUR WORKING MISSION STATEMENT: