

20 WAYS TO NURTURE YOUR WRITER SELF

(Even When Life Gets In The Way)

After my first baby was born, I honored my cuarentena and wrote as little or as much as I wanted without any guilt or pressure. Though I didn't write or submit as much as usual, I found other ways -- big and small -- to stay in touch with my creative self.

I hope the list below inspires you to find ways YOU can stay in touch with your Writer Self -- even when life gets in the way!

Happy Writing and Here's To Crafting a Writer Life You Love!

(Active Links are in [BLUE](#))

- * Apply for a grant, fellowship, or residency.
- * Attend a local writers' conference.
- * [Attend a submission party.](#)
- * Attend (or host) a reading.
- * Browse at a library or bookstore.
- * Buy & read a writer friend's book.
- * [Envision & get clarity \(Vision Board / Journal / Set Goals / Strategize\).](#)
- * Listen to audiobooks about creativity and writing.
- * Memorize a poem.
- * Read at an open mic.
- * Read to others (children, partners, family, friends).

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- * Schedule, plan & attend a DIY retreat.
- * Go on a solo date to read, write & think.
- * Start a "Low Stakes Daily (or Weekly) Writing Practice."
- * Subscribe Subscribe Subscribe
(pick 1-3 subscriptions that will regularly inject your life with creativity):
 - * Poets & Writers Magazine
 - * Poem-a-Day e-mail
 - * Newsletters (*Li Yun Alvarado's Newsletter*)
 - * Favorite Lit Journals
 - * Blogs (*The Practice of Creativity*)
 - * Podcasts (*Writer Mom Life, Minorities in Publishing, Ampersand, The Creative Penn*)
 - * Writer Facebook Groups
- * Take a class (on anything that interests you) -- in person or online.
- * Update or tinker with your [Author Website](#) (you have one of those, right?).
- * Visit a space that sparks your creativity (Museum / Ocean / Woods / Subway).
- * Write to a prompt in a different genre / Write a letter or e-mail.
- * Go on a "Writer Date" to commiserate with writer friend(s).