

DIY WRITING RETREAT

Rather than spend a week away from family, apply for grants, or figure out how to swing a sabbatical, I recommend DIYing a writing retreat in your own home.



Gather

- Curate a library of books that inspire you
- Collect images, touchstones, and symbols that make you feel creative and at ease.
- Stock up on your favorite foods

Treat Yourself

- Clear away clutter, open the windows, spray a bit of fragrance, make your space feel inviting
- Wear comfy clothes (bras off!)
- Step away from the comparison game by avoiding social media

Rest and Play

- Integrate yoga, walks, meditation, and journaling into your days
- Take breaks whenever you like.

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Essentials Checklist

- One Continuous Mistake by Gail Sher
- Big Magic by Elizabeth Gilbert
- Loose pants
- Sushi
- Green tea
- Aveda chakra sprays
- Zoe Keating's Into the Trees album
- A juicy journal
- Start Where You Are by Meera Lee Patel
- Pencils with substantial erasers
- Notecards
- Yoga mat
- Print outs of your latest manuscripts (It's ok to place them face down, off to the side until you're ready to look at them.)
- Autoresponder on your email (Feel free to steal this text: I am away from my desk this week and will reply to emails once a day. Thank you for your patience.)
- Eyedrops
- Love and Light hand lotion from LUSH
- Lip gloss
- Cucumber soda
- Personal touchstones and symbols
- Tara Sophia Mohr's guided meditation for finding your inner mentor (find it in her book Playing Big)
- Mentor texts
- A comfy chair
- An intention to support your writing and develop your craft