



HOW TO
MAKE TIME
FOR YOUR
WRITING

Whether it's a job, taking care of your kids, or cleaning your house—something always seems to get priority over writing.

*This is a problem so many writers face.
Life's responsibilities always seem to come first.*

I know what it's like to feel like you don't have time to write. Before I developed these practices, I felt disconnected from my creative spirit. I didn't feel like a "real writer." I was disconnected from myself.

I created *Spiritual Direction for Writers* to help people integrate writing into their lives without neglecting their other responsibilities. To date, I've helped hundreds of people make time for their writing.

**Are you not writing as much as you'd like to?
Do you feel like you never have time to write?
Are you feeling creatively unfulfilled?**

Here are three practices that will help you make time for your writing!

DEVELOP A WRITING PRACTICE THAT NOURISHES YOU.

Writing practices are not one-size-fits-all. A single parent with four kids isn't going to have the same writing practice as someone living out their retirement on the coast of Italy.

It's important to develop a writing practice that works with your life. If you continually try to fit your writing into a narrow box of what a writing practice "should" look like, you'll never stick to it.

SCHEDULE SOLO WRITING RETREATS

You don't have to rent a cabin in the woods or apply for an expensive writing retreat to engage in the act of retreating. **You can have your own custom writing retreat anywhere from a beautiful vacation home to the carpool line where you pick up your kids.**

Say you've got four hours to retreat. Take a walk around a cute neighborhood. Then pop into a local art gallery and be inspired by someone else's art. Afterwards, find a beautiful hotel and write in the lobby for 45 minutes. (Fun fact: you don't have to be staying in a hotel to sit in the lobby!) Finish with a quiet meal at a nearby cafe.

Writing retreats help foster your creativity and nourish your spirit. And they work within the constraints of your current circumstances.

Whether you retreat once a month or once a week, it's a great way to make time for your writing.

CO-WRITE WITH OTHER WRITERS

Writing with others will help you prioritize time to write.

When I started hosting co-writing sessions on Zoom, I found it much easier to set time aside and **stick to it**. Attending a scheduled co-writing session often feels more legitimate than saying “I’m writing for an hour, please don’t bother me.”

It’s incredible how much writing gets done in a single 40-minute session. Fellow writers often tell me they end up writing more in one co-writing session than they do the rest of the week!

Having a specific time on the schedule encourages you to make more time. It creates a sense of urgency. It keeps you from needing to decide when to write.

Spiritual Direction for Writers is a community of writers who are creating fulfilling writing lives.

- When you join Spiritual Direction for Writers, you'll get step-by-step instructions on how to design a nourishing writing practice. One that is sustainable with your lifestyle.
- You'll have access to multiple co-writing sessions **every week**.
- You'll also gain access to an entire library of Solo Writing Retreat guides. Spiritual Direction for Writers has solo writing retreat guides for when you can't leave your house. For when you're on a business trip. Or for when you can spend a weekend away. They'll help to foster your creativity and nourish your spirit.

You could continue struggling to fit writing into your life. You could continue to feel disconnected from your creative spirit. Spiritual Direction for Writers can help you out of this rut. Spiritual Direction for Writers can help you have the writing life you've always wanted. Spiritual Direction for Writers can help you feel connected to your purpose again.

Join Today at spiritualdirectionforwriters.com