



Creating a Writing Ritual

Journaling Prompts for
Crafting Your Ideal Writing
Routine and Environment

Date:

Project:

Notes, Conditions, & Things to Remember:

TIME	DURATION	GOAL	OUTCOME

How long is my ideal writing session or sprint?

What day and time of day work best for me?

What music or ambient noise helps me focus?

How can I improve my writing environment?

What are my most frequent distractions?

What helps me recover from being distracted?

How can I protect my writing time from others?

How can I protect my writing time from myself?

What other factors
positively impact me?

What other factors
negatively impact me?

Now that you
know your perfect
writing conditions,
it's time to focus on
the story itself.

Book a story coaching
session today and let's turn
your ideas into a cohesive,
compelling novel.

- *Megan Fuentes*

BOOK ME AT [FUENTESPENS.INK/GETCOACHED](https://fuentespens.ink/getcoached)