

Creating a Writing Ritual

Journaling Prompts for Crafting Your Ideal Writing Routine and Environment

How to Use This Mini Workbook

Date: Project: Notes, Conditions, & Things to Remember:	Print this page out every time you have a writing session. Take notes on
TIME DURATION GOAL OUTCOME	your environment!
After several sessions,	What are my most frequent distractions?
answer the included questions about how they went.	What helps me recover from being distracted?
	Use this page to write dow

Date:			
Project	•		
Notes, C	Conditions	, & Things to	Remember:
TIME	DURATION	GOAL	ОИТСОМЕ

DESIGNED BY MEGAN FUENTES | BOOK YOUR STORY COACHING SESSION AT FUENTESPENS.INK/GETCOACHED

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?

DESIGNED BY MEGAN FUENTES | BOOK YOUR STORY COACHING SESSION AT FUENTESPENS.INK/GETCOACHED

What are my most frequent distractions?

What helps me recover from being distracted?

WI	HOW ritin	g tir	n i j ne f	rote	ect m 1 othe	y ers?
	IIox					
WI	riting	gtir	ne f	rom	ect m mys	y elf?

DESIGNED BY MEGAN FUENTES | BOOK YOUR STORY COACHING SESSION AT FUENTESPENS.INK/GETCOACHED

What other factors positively impact me?

What other factors
megatively 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