

# Note to Self

## The 'Un-rules'

1. *Just keep writing* – even if what you write is gibberish, or you run out of ideas. Just keep going. You can write nonsense or write about not knowing what to write about! Let yourself write whatever comes into your head.
2. *Don't edit* – You are not allowed to go back and change anything. Don't reread anything or cross anything out. Don't worry about mistakes. It is all good!
3. *Let go of grammatical rules* – this is not a test. Don't stress yourself or be concerned about spelling, the proper use of commas, parts of speech or anything that smells of school classrooms. We are letting go of restrictions.
4. *Be free and fly* – Go any direction you want. If the exercise starts with one subject but you start talking about something else, don't worry, go there! Let your mind wander. Take any road you like.
5. *Get out of your head* – Don't plan in advance. This takes you into your mind and out of the moment. Don't plan what you will say in the future or set up sentences or situations. Write in the present. Go with your first thoughts.
6. *Go deep, go sexy, go scary* - Write whatever you want to write, especially if you feel a strong emotion attached to it. If there is a voice within you that tells you not to write about... do it anyway! We are uncovering our soul voice and our creativity. This is where our hidden emotions live, this is where our wisdom lives, this is where we can go crazy, let off steam and express ourselves fully without fear of judgement.
7. *Laugh and hug your inner critic* – There is an inner voice within all of us that worries what people think, that abides by the rules, wants everything just as it should be. It wants security, boundaries, and comfort. It will tell you that you are terrible in order to protect you. It tries to stop us from discovering ourselves and will actively find any and all kinds of reasons for you to distract yourself from this work. You would do well to recognise this voice, laugh gently, give it a hug, tell it all will be well and carry on regardless. This is a life's work.
8. *Get focused and have fun* – It is your mission to complete the exercise. Laugh, cry, dream, fly, write, flow. Get to the end of the timer. It is not a long time and neither is it a test. There is a whole undiscovered universe within you. Explore it... if you dare!