2021-09-14

Start

Construct writters’ life

Deconstuting writing

Articulate skills tools

Emotional-cognotove management

Clear up the steessful awfulness

Wrong habits

Healthy vs wrong

Suatainable

Not to kill ourselves

Write for long time

Not in short sessions….

Once a week comes and anxious

Dpn’t know ow to start

Reed

Demoralize

Nxious

Mail

intenet

write big block

lng time, I have time, I do it slow

then add hours

healthy sust writing life

more and more time?

Hurs and hours mot healthy

Healthy sustainable writing session

Long

Often

200-300

Not over 45 minutes

Baseline

Some an hour,,,,

Freq

Depends on goals

Habits consistency, at least 3 days a week

A little over two hour a week

Probably start half hour session

Attitudinally

Writing as teaching

Creating, disseminating

Attitudinally as a goal as a teaching

If it’s on the calendar, not doing it it’s abig deal

Not distracted when teaching

How do we get there;

3 WAYS:

NONE IS SUPERIOR

1. SAME TIME ON CERTAIN DAYS OR EVERY DAY
2. SEQUENCE OF EVENTS, AFTER DOING SOMETHING I ALWAYS DO
3. BY CALENDAR

Don’t set up at time I’ll be distracted

If in calendar do it

Don’t schedule, ay least a week before and don’t move it

Alarm for 10 minutes before session, and just for wriing

Stop anything else

For writing ritual

Creating habits and mindsets

Doing for many yeas becoming addictive

As for having a blanket

2 minute meditation

High-tech tool

Sticky note

Mark where so start- follow it

Open computer, and say how looky I am for doing this

Habit that we wil miss and feel bad

Miss

36 candles….

Not 27 things

Technology off

Internet off

Phone off

Web off

Small technology make us dependents

Even alternative communication for special needs

1 or 2 things ofr mindfulness

Meditation

Breathing

Crft over time

Self talk hard

Nasty things we tell ourselves

I have to first

i‘m terrible,,,

45 minutes 1/30 of my day life

Nothing will happen

Life will be better if I write

Brain: I’m noyt listening, I’m just writing

We want to be rational and

Not over the truth

Honest helpful things

Small amounts of messaging

Checklist of wuat to do if bad things happen

Develop sense of writing life

Enrich carrer

Not tortures ourselves

Don’t feel bad

First part

Cavenan

Intent

jewish

3 times a week

Half hour

Freire’s education for pastors

Homework

Decide in terms of sequence of events

Work on writing on resistances on writing, having schedule,

Write behaviors

Thoughts

Feelings

Writing time

In the bathrrom

Consistent n ritual

Next what writing is

Architecture and structure

System in academic writing

Touch base with Bruce

Support research

Not colonial knowledge

Really get them producing the African Asian & LA Social Work to enrich US social work

Writing our mentoring/teaching in GML

Spanish

Deb will ask me

Applications feb 1st