

Writing Exercise: Music of Everyday Life

While doing a “mindless” chore, like washing the dishes, try to become the rhythm of the process. What’s the rhythm of scrub, wash, or rinse? Hum the rhythm. Give it a name. Do other “mindless” chores have a matching rhythm? This is metaphor as object or task.

Write down the title of this music. Attempt to sketch it as a single line.

Adapted from Twyla Tharp, “The Creative Habit”