

**\* Writing Exercise: Ten sentences in Ten Minutes ("blackberry, cliff, voice, etc.)**  
Here's a great exercise!

Based on the exercise "Ten Minute Spill" by Rita Dove; in *The Practice of Poetry*, compiled by Robin Behn and Chase Twitchell. Yes, it's true that this is originally a poetry exercise, but it maps well to prose too!

Start with a proverb, adage or familiar phrase Examples:

"a stitch in time saves nine"

"the early bird gets the worm"

"shit rolls down hill"

"the glass is half full or half empty"

(if you want you can alter it in some way) Use at least five of the following words:

cliff needle voice whir blackberry cloud mother lick

Write at least ten sentences.

The beauty of this exercise is its simplicity -- and its speed, Timed writing is a great liberator -- just do it.