

# 10 Freewriting Exercises

1. *Stream of Consciousness Writing:* Write whatever comes to mind without pausing or editing.

2. *Word Association:* Write down a word, and then quickly jot down any associated words that come to mind.

3. *Visual Stimulus:* Use of images and videos as prompts or stimuli to write about freely.

4. *List Making:* By making lists of random items or ideas, you have the opportunity to expand on each item on the list.

5. *Random Word Generators:* Use of online tools and apps that generate random words for freewriting.

6. *Music Inspiration:* Includes writing freely about emotions evoked by different kinds of music or artists.

7. *Morning Journaling:* Writing a few pages with stream of consciousness writing every morning when your mind is the most clear.

8. *Sentence Starters:* Provides a list of writing prompts that only include the beginnings of sentences to jumpstart the writing process.

9. *Five Senses Exploration:* Encourages writers to engage all five senses in their writing: sense of sight, smell, taste, sound, and touch.

10. *Pomodoro Technique:* People are known to be the most productive in 25-minute blocks or spans.