

Sample of Lesson 09-03 Free Flow Writing

At some point, it is vital that ideas are written down. This lesson will teach you how to write freely, openly and thoroughly, even if you are not a writer!

Objectives

- Learn a method to better retain ideas in the mind and then get them out quickly and efficiently
- Improve specific aspects of writing – time taken, quality & quantity of ideas
- Reduce the fear and/or concern about losing ideas when writing
- Learn methods whereby the speed of thinking and recording ideas are more closely matched

Rules of Free-Flow Writing



<http://static.open.edu.com/file/writing/020611941.gif>

- Relax and clear your present.
- Let go of the control over your thinking. Don't from the heart and not from Release the control. When it is important to slowly let and just watch and marvel appear on the paper. When by what is appearing on the consciously controlling the

- do a picture collage or free-flow of your imagination go free and watch
- Perhaps try not having any kind of write and see what happens.

Practical Application of the Skill /

- Write a personal journal or diary
- Express all thoughts about a topic
- Generate lists of ideas relating to