**One Liners – Writing Inspiration – “start and finish”**

Today, we’re going to pinch inspiration from books we love, because what is writing if not a love letter to other forms of writing?!

**EXERCISE ONE:**

Find a book on your bookshelf, or the nearest one to you. Any book will do – it can be nonfiction, but choosing something that has instruction may provide extra challenge.

This is an exercise I’ve seen called the seven-seven-seven challenge. Flick to chapter seven of your book, count seven pages from the start of the chapter, and then count down the page to the seventh sentence. That sentence will be the first sentence of your writing exercise today!

For example, Chapter seven, page seven, sentence seven of the Hunger Games (HC edition) is as follows: ***What on earth does he mean?*** So, you would need to write a story with that sentence as your starting point:

*What on earth does he mean? I always knew that my hands were hairy; and yeah, sometimes I like to eat insects that I find under rocks, but he just called me a bear! I’m not a bear… am I?*

You get the idea! If you don’t like the sentence you’re given, try rolling a dice to get a different number and try that page.

Once you settle on a sentence, set a timer for ten minutes and see how much story you can get into.

**EXERCISE TWO:**

If you’re really on a roll, and want to keep creating story from the challenge, why don’t you try a new sentence every ten minutes? So set your timer, write for ten, then select a new sentence from a different page, and go again. Does your story make sense, or does the random nature of the sentences take them on an unexpected journey? Is anything you wrote worth continuing with? Good luck!

**BOSS LEVEL EXERCISE:**

If you’re bossing this, then flip the exercise around: make the sentence you pick the *last* line in your story, and try and get there before your timer runs out. How did you do? And if you need more time, or you’ve found a story you want to spend more time on, forget the timer and get writing!