**Stream of Consciousness – Writing Inspiration – “Morning Pages”**

There is a fabulous book called *The Artist’s Way* by Julia Cameron, which focuses on getting your creative juices flowing over a 12 week course. It covers a variety of creative activities, including writing. The best exercise, in my opinion, that really helps writers is what Julia calls ‘morning pages’. She describes it best on her website, accessible here: <https://juliacameronlive.com/basic-tools/morning-pages/>

*“Morning Pages are three pages of longhand, stream of consciousness writing, done first thing in the morning. \*There is no wrong way to do Morning Pages\*– they are not high art. They are not even “writing.” They are about anything and everything that crosses your mind– and they are for your eyes only.”*

With that in mind, here is a list of ‘stream of consciousness’ exercises to get your brain working even when you think it’s not!

**EXERCISE ONE: MORNING PAPERS**

Follow Julia’s example as set out above. Three pages, long hand, any gibberish you want. Trust me, it’s freeing.

**EXERCISE TWO: INFLUENCED WRITING**

Sounds more complicated than it is. To start with, don’t do any writing at all. Choose an activity to do, whether it be physical like gardening, or restful, like watching an episode of your favourite TV show. As soon as you’re done, set a timer for two minutes and write whatever comes to mind. Hopefully, your mind will have been building connections while you ‘rested’ it, and you will end up with some more directed, or influenced, ideas that you can work with.

**EXERCISE THREE: THESE ARE A FEW OF MY FAVOURITE THINGS**

The third exercise is a little more structured, but still uses stream of consciousness to select what first comes to mind. As quickly as you can, write down your answers to the following questions:

1. Your three favourite books
2. Your three favourite things to do
3. Your three favourite foods
4. Your three favourite songs
5. Your three favourite places

And stop! What did you write down? Do you think any of them could go together? For example, you could use the title of your favourite song as the title of the story, and then set it in one of the three places you wrote down. Your character could then start by eating a bowl of one of your favourite foods, and be doing one of your favourite activities. Play around with combinations of scenarios until one catches your eye, and then set a ten minute timer and see where the story goes from that initial opening.