

The morning pages

The morning pages is an exercise that 'assists people to gain self confidence in harnessing their creative talents and skills, and unblock writing and thinking barriers'. It originated with Judith Cameron, a U.S. writer-facilitator and author of *The Artists Way* (1992).

What to do:

1. As soon as you wake up in the morning, find a quiet place to write where you will not be disturbed.
2. Write three (3) pages in long hand (NOT on computer).
3. Do not monitor your writing and do not set a topic for yourself. Just write whatever thoughts you may be having.
4. The morning pages are not intended to be added to your thesis. They constitute a refresher exercise that gets you ready to write.
5. If you do not want to keep the writing, tear it up and throw it away.
6. If you love to use beautiful pens or pencils and fine paper, get yourself the very best!
7. Do it every day. If you miss a day, don't worry. Just get back to it the following day.
8. After a couple of weeks, you may notice that your confidence to write is growing and that you are experimenting more and more with the pen and the page.

