Write Easily, Less Stress, Better Results

Try this writing preparation skill from the Upgrade Series book *Quantum Writer*.

**See It, Say It, Draw It**

Sometimes your creative mind needs some warming up to brainstorm your ideas for writing. You can prime your creative mind at any time with this See It, Say It, Draw It exercise.
See It

To accurately describe something in words, you must first observe or “see” it carefully. In other words, good writers are also good observers. Take a few seconds to study your surroundings. When you’re ready, close your eyes and picture as many details as possible: the clock on your desk, your favorite poster, an empty wastebasket – whatever you can remember. Recreate the scene in your mind. Now pick a unique item, one you may not have noticed before, like a crack in the wall or a fortune cookie. Make up a story about that item by being curious and asking questions like: How did that item get there? Who made it? When was it made? What is it for? The more ridiculous your answers, the better! For example, maybe you imagine
one big fortune cookie factory where all the world’s fortune cookies are made, and the message in this particular cookie was wrapped up just for you in that factory and delivered to your desk as a clue to how the rest of your life was going to turn out. *Now, take a minute to make a story for a different item in your room. It may seem silly at first, but this exercise will prime your creative mind.*

**Say It**

Take a closer look at the item you chose for your story. This time, describe everything you can about its actual appearance. Be as specific as possible. For example, let’s say you chose a pencil on your desk. Pick it up, and talk about it. You might say: It’s yellow with a few chew marks near the end. It has a tiny pinkish-tan eraser, little blue dots around the rim, weighs about two ounces, smells like dog fur, and has the word Castell on it. Hey, maybe there’s a big pencil-making factory, too! *Now describe the item you selected.*

**Draw It**

Drawing the item from your story will further boost your observation skills by helping your mind remember more details. Like the See It and Say It parts of the exercise, drawing a picture is all about narrowing the gap between your thoughts and your writing by getting your mind ready to move, maneuver and make the jump to the page. Your picture stimulates new words and ideas you can use for your writing. *Make a drawing of the item you selected and described.*