

Writing Inside Out

discover the story in you



Whether you are writing (or want to write) personal story, memoir, self-growth or novels.

Whether you create books, blogs, articles, poems or social media posts.

And especially if you are writing 'just' for you – taking the time to 'be' outdoors can be incredibly calming – offering **clarity and new perspective**.

Creative Flo

Five ways 'being' outdoors is great for your writing

Even in towns and cities there are mini pockets of Mother Earth's magic to be found; in parks, along riverside paths, plants on a window ledge or blossoming trees in the street.

There really is something special when we, as humans, connect more deeply with the rest of the 'natural' world around us.

So, as writers - being outside - is an incredible resource to not only help us hone our observational skills, but also to help us discover our own stories as we peel back the layers.



Next time you think to do so – pause in your ‘doing’ and just ‘be’ wherever you happen to have taken yourself. This works equally well whether you are in the woods, on a hill, by the sea or simply out for a local stroll.

- Take a few slightly **longer and slower breaths** – just enough for you to feel yourself sink a little more heavily into your body
- Close your eyes and **hear what you hear**, and when you feel ready - open your eyes to **see what you see**. Look up, down around, what are you drawn to?
- Sometimes I have a tendency to label things – but it’s even better if I can centre myself enough so that I simply **feel my reaction to what I hear and see** (within my body) without the need to engage mentally.

Engage your Senses

Be IN the moment

- Reach out to **touch** whatever you are drawn to – moss on a stone, water in a pool or (one of my favourite) the ever so soft fronds on a larch tree
- Calmly add in **smell and taste** (earth, flowers, even the bark on a tree)
- Before finishing with what you **feel within your body** - the sun on your face, your arms within jacket sleeves, sand between your toes (or even your beating heart). And finally within yourself - are you peaceful, invigorated, spaced out, complete or ready to move on?

Whatever you feel, whatever you see, touch, smell or hear – just know it is exactly where you are meant to be IN that moment.

For a fully immersive experience - swim in open water or lie down on the grass, look up at the sky – or simply lean back into the pine needles of a forest floor and gaze at the interlocking canopy above.



Have a Ponder as you Wonder on a Wander

Free your mind

Take a break in the fresh air. Blow away the cobwebs & make room to shift any stuck or heavy energy.

Simply head out to see where your stroll takes you or actively set an intention to mull over something specific.

This works particularly well if you find yourself going round in circles - or becoming despondent in your writing.

I've had many a fresh idea or aha moment walking Millie-Dog

Simply write outdoors

Go on - try it

Why stay indoors on a sunny day just because you've said you are going to write. Whilst it may not always be that practical to take a laptop or computer into the park or garden - a hard-backed note book or paper resting on a clip board can often be as technical as you need to get.

For planning, note taking and drafting we are often writing by hand anyway - so why not give yourself a change of scenery & head outside?

How many places can you think of? Gardens, parks, outside cafes, woods, beaches, even a greenhouse or shed.





Journal tastic

Dream, reflect & process

What better way to tune into your own inner thoughts & feelings than to switch off from the WIFI and journal outside.

Let ten minutes turn to thirty, as you loose yourself in a stream of consciousness. Particularly good for a busy mind that just needs to press pause.

Research

Take a break from Google

'Being' a writer isn't just about writing - it's about immersing ourselves in the energy of what wants to come through.

- If you write fiction - take your main character on a 'play date' - have fun exploring their home area or be curious as to what their favourite bird or flower is.
- Writing personal story? Why not have a picnic with a friend or family member - share your thoughts - and see if they have a perspective or memory which could complement or deepen your own.
- Or maybe it's a 'gathering info' kind of day for that travel or nature blog you keep meaning to write.

Feel INTO your body - **what do you need right now?**

Gifting ourselves the opportunity of time & space can often reveal things that we are unaware of. And connecting our heart, mind & body is one of the most meaningful things we can do for our writing - Why not step outside today - to see what new and wonderful ideas & tangents emerge.

Have fun, be curious. play & reflect. It ALL counts
Much Love Creative-Flo xxx