



SoulBlazing  
Let Your Soul Soar

# The Soul Blazing Journal

*365 Days of Inspiration,  
Guidance, and Maximum Growth*

*By Lisa Haisha*

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## Other books Lisa has written:

Whispers from Children's Hearts: A study of the world's children's perspectives on life, God and personal potential.

Soul Blazing Journal: 365-Days of Inspiration, Guidance, and Maximum Growth

Soul Blazing Journal: Igniting the Love Within – 30-Days to a More Passionate, Fulfilled You

Soul Blazing Journal: Explosive Creativity – 30 Days to Achieving Maximum Creativity for Writers and Artists

Soul Blazing Journal: Fan Your Spiritual Flame – 30-Days to a More Peaceful, Purposeful You

Soul Blazing Journal: Strengthening the Leader in You – 30-Days to a More Passionate Fulfilled You

Soul Blazing Journal: Goals – A 30-Day Inspirational Writing Journal

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Soul Blazing Journal: Authentic Soul – A 30-Day Inspirational Writing Journal

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# Testimonials

"*The Soul Blazing Journal* is Inspiring. An indisputable tool for any writer." – Lee Aronsohn, TV Producer, Creator of Two and a Half Men

"Emerging and established writers can benefit from Lisa Haisha's creative ideas. *The Soul Blazing Journal* is a daily support of creative and brilliant suggestions and heart-felt encouragement. Most importantly it helps you write something each day which is how you get published." – Carole Dean, From the Heat Productions

"*The Soul Blazing Journal* will rekindle memories of college days while allowing you to increase your vocabulary. It's articulate and gives the imagination a focal point to begin. It allows the reader (writer) to develop and progress on a daily basis increasing their vocabulary skills, which in turn makes for a more proficient writer. Thought provoking quotes cheerfully make this book a direct inspiration to new and seasoned writers alike." – Diane DeForest, Attorney, Estate Planner

"*The Soul Blazing Journal* is a must read for college students, aspiring journalists, screenwriters and those wanting to take control of their lives." – Randall McCormick, Screenwriter

"An easy way to achieving your goals to becoming a better writer and loving it all the way." – Fred Powers, Marketing and Creative Promotions Director to Major Corporation's

"I find the collection of *The Soul Blazing Journal* books invaluable for my journey of self-growth and also to help keep me inspired to write." – Ben Vereen, Entertainer

This book is dedicated to all  
the brave writers of the  
world who have touched our  
lives.

# Preface

As the author of *The Soul Blazing Journal*, my intention is to turn you on -- your freedom and imagination will do the rest. As Napoleon Bonaparte once said, "Imagination rules the world."

I believe anyone who can think can write. Writing is a craft like carpentry, and mastery can be acquired through guided practice. Practice, so that your thumb doesn't turn black and blue from missing the nail. Guidance, so that the editor's hatchet becomes a tool, not a weapon of terror.

In time, soon, a few scraps of rough lumber become a finely polished bookshelf, and your words become books -- both are your own creations.

I respect you as a writer, and as a writer, I expect you to write. Words are our wings. Watch how a bird learns to fly in a spastic fit of flap-flap. It's a beautiful process to behold, and so are those first timid steps you take as a writer. Am I kicking you out of the nest, you ask? Oh yeah. But not on an empty stomach, and not one syllable too soon.

We'll do this at your own pace, because you're the writer. I'm not here to ruffle your feathers; my style is to tickle you with them until you can't hold your words inside any longer. Before you know it, they'll spill, laughing and crying, out of you right onto the page. Not ticklish? We have laughing gas for your kind, my friend.

With each turn of the page, you will develop your style, some confidence, and a cozy comfort with the craft of writing. A voice will emerge, but you won't hear it at first. Others will. They'll tell you that you are a writer. You

won't believe them. They will insist. You'll know they are conning you, that they have an angle. Everyone who reads your work will have the eyes of a grifter, and an uncanny ability to lie under oath. You won't trust them when they praise your turn of a phrase.

Then one day, it will hit you like a pie in the face. You're good. You're a writer. It will be an exhilarating, perhaps unnerving realization, yet it will be too late to turn back. Welcome to the world of writers. Just don't forget to bring a pen to your first book signing.

You can always spot writers; they're the ones who never have a pen when they need one. So go ahead and buy a dozen; put them in the car, under the mattress, in your sports bra, in your boots, wherever one fits.

You still won't have a pen when you need it. I know, I've been there. Real writers learn to prick themselves and write in blood on napkins when necessary (beer coasters work okay too, but their shape is a pain in the ass).

Don't worry, little pinpricks heal and once you're published, people at cocktail parties will ignore the band-aids covering your fingers. Which reminds me: go buy a fountain pen. When it runs out of ink you can use the sharp end to, well, you get the idea. So, hold that thought, pick up your pen, turn the page and let's begin.

How to use this book:

Each calendar day, for thirty days, starting with the day you begin, offers a quotation that is based on the theme of this book, which is intended to inspire you, encourage you, and stimulate your thoughts. Underneath each quotation sits a suggestion or a question. Respond to it, to provoke your words for the day. And if something else moves you, feel free to write about it instead.

There are no hard and fast rules. No matter what you do, or how you decide to do it, the main thing is to write, and to enjoy it.

I'll always be here to assist you on this journey towards becoming the writer you want to be, the writer who will emerge and manifest one word at a time. Soon your journal will be brimming with evidence of your creativity and talent.

To guide you and help you understand, let me give you an example how to use this writers' journal:

DAY 1

QUOTE: "What makes for great art is the courage to speak and write and paint what you know and care about." -- Audrey Flack

SUGGESTION: Write about one thing that you know and care about.

REPLY: I know one thing; I really care about writing. Words to me are fascinating, and sometimes I hear someone use a clever turn of a phrase, and I want to scribble it down. When I need to express myself, to communicate, I will frequently write it in a letter, instead of speaking it out loud. Maybe words offer me refuge and shelter. Or perhaps they take away the protection, and leave me exposed and raw, with my most intimate and vulnerable side out there for the whole world to see. But words make me feel empowered, as long as I use them honestly, and with feeling. Gosh, I honestly feel like I am going to enjoy these daily opportunities to write. How will I know unless I experiment? The proof is in the pudding, as they say. So far, so good!

Did that example help? Please keep in mind that every writer has a unique style and approach, and the way you write may be completely

different from the way I write. Be yourself, and use your imagination. This is your book, and you are the author.

To spice things up, you can always add new vocabulary to the recipe. Some writers toss in a well-known foreign word or phrase and Voila! The unexpected language helps to get the point across and grab the attention of readers before they have a chance to put the book down and say Adios!

For most of us, our native language is in one sense foreign because it contains zillions of words we don't yet know. For that reason, I have created a glossary of words in the back of this book selected from the Princeton Review. Hopefully, some of these words are new to you, and will provide you with new colors for your writing palette, new ammo for your dynamite prose, and a few rose petals for the bouquet of your romantic poetry.

Here is another example of the same writing exercise, but in this example, to practice using an unfamiliar word; I incorporated the word

I know one thing, I really care about writing. You could say that I have an *affinity* for writing, because it is something I enjoy and want to do. I'm passionate about it. I love it more than anything in the whole wide world.

I wonder if I also have an *affinity* for sex? And daydreaming, don't forget. If sex and daydreaming is the answer, what was the question? Wow, this could be a fun journal.

But of course, it's fun. Why else would I be sitting here using a big word like "affinity" when "knack" has worked just fine my whole lifetime? Plus, "knack" rhymes with "snack", "yackety-yak", and "back" to the thing I was talking about earlier. My "lack" of writing is gone, because I have a writing journal and an "affinity" for writing. Affinity rhymes with what, "infinity"? Anyway, now that my knack has evolved into an affinity, thanks to my dedication and hard work, I'm a writer, so I have poetic license to do and say whatever I want in my writing journal. I bet you wish you could read it. Wait until it hits your bookstore and buy one.

Affinity.

Add vocabulary or don't; the choice is entirely up to you. The main purpose of this journal is to give you a safe, fun, regularly scheduled place to put your ideas and feelings into your own words. Relax, enjoy, and Write On!

“Through joy and through sorrow, I wrote.  
Through hunger and through thirst, I wrote.  
Through good report and through ill report, I  
wrote. Through sunshine and through  
moonshine, I wrote. What I wrote it is  
unnecessary to say.”

– Edgar Allan Poe



## **WEEK 1- AFFINITY**

### **DAY 1**

QUOTE: "What makes for great art is the courage to speak and write and paint what you know and care about." – Audrey Flack

SUGGESTION: Write about one thing that you know and care about.

REPLY:

---

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

## DAY 2

QUOTE: "Help me believe the truth about myself, no matter how beautiful it may be." – Anonymous

SUGGESTION: Write the truth about yourself, and go for all your beautiful qualities.

REPLY:

---

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

### DAY 3

QUOTE: "Even if you're on the right track, you'll get run over if you just sit there." – Will Rogers

SUGGESTION: Maybe people shouldn't speed so much, then, Will. Write a page about ways people move too fast, and in how doing so, they miss some of life's best scenery.

REPLY:

---

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

#### DAY 4

QUOTE: "Where the money is, so will the jackals gather." – Raymond Chandler

SUGGESTION: Write a paragraph about what you would do if you found a sack containing 5,000 one hundred dollar bills, on the sidewalk outside a bank.

REPLY:

---

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

## DAY 5

QUOTE: "Vision is not enough; it must be combined with venture. It is not enough to stare up the steps; we must step up the stairs."

– President Vaclav Havel

SUGGESTION: He sounds like my aerobics instructor. What is your vision your for your future? Write the first step that might help you accomplish it.

REPLY:

---

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

## DAY 6

QUOTE: "Life is the sum of all your choices." – Albert Camus

SUGGESTION: Write about the most difficult choice you've made in your life and how it affected you.

REPLY:

---

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

DAY 7

QUOTE: "To live is so startling, it leaves little time for anything else."  
– Emily Dickenson

SUGGESTION: Write about a time in your life that you could really relate to Emily's words.

REPLY:

---

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

## **WEEK 2 - CACOPHONY**

DAY 8

QUOTE: "Things do not change; we change." – Henry David Thoreau

SUGGESTION: How have you changed in the past five years?

REPLY:

---

CACOPHONY (kuh KAHF uh nee) *n* harsh-sounding mixture of words, voices, or sounds



## DAY 9

QUOTE: "If I'd known I was going to live this long, I'd have taken better care of myself." – Jimmy Durante

SUGGESTION: Write about what you can do to start taking better care of yourself.

REPLY:

---

CACOPHONY (kuh KAHF uh nee) *n* harsh-sounding mixture of words, voices, or sounds

## DAY 10

QUOTE: "Achieving goals by themselves will never make us happy in the long term; it's who you become, as you overcome the obstacles necessary to achieve your goals, that can give you the deepest and most long lasting sense of fulfillment." – Anthony Robbins

SUGGESTION: Write about a situation where you had to overcome a difficult obstacle. How did that experience leave its mark on you?

REPLY:

---

CACOPHONY (kuh KAHF uh nee) *n* harsh-sounding mixture of words, voices, or sounds

## DAY 11

QUOTE: "You have to have focus, dedication, commitment, and passion to put yourself through the physical, intellectual, and emotional agony it takes to achieve your goal." – Rita Gam

SUGGESTION: Write about the physical, intellectual, and emotional agony you are suffering right now trying to get through these daily writing exercises each day.

REPLY:

---

CACOPHONY (kuh KAHF uh nee) *n* harsh-sounding mixture of words, voices, or sounds

## DAY 12

QUOTE: "Rowing harder doesn't help if the boat is headed in the wrong direction." – Kenichi Ohmae

SUGGESTION: Write about one time you headed in the completely wrong direction. What happened?

REPLY:

---

CACOPHONY (kuh KAHF uh nee) *n* harsh-sounding mixture of words, voices, or sounds

DAY 13

QUOTE: "A man's venom poisons himself more than his victim."

– Charles Buxton

SUGGESTION: Take a negative thought you have about someone, and try to turn it into something positive instead. Dig deep!

REPLY:

---

CACOPHONY (kuh KAHF uh nee) *n* harsh-sounding mixture of words, voices, or sounds

## DAY 14

QUOTE: "Being deeply loved by someone gives you strength; loving someone deeply gives you courage." – Lao Tzu

SUGGESTION: Write about what you would rather have more of: courage or strength. Why?

REPLY:

---

CACOPHONY (kuh KAHF uh nee) *n* harsh-sounding mixture of words, voices, or sounds

### **WEEK 3 - EBULLIENT**

DAY 15

QUOTE: "Instead of frittering away your vibrancy with worry or distraction, realize your mind and body are inextricably united. What calms and tones up one, soothes and improves the other." – Marsha Sinetar

SUGGESTION: So does that mean that great sex leads to genius? Write a few paragraphs about the union of the body and mind, from your own perspective.

REPLY:

---

EBULLIENT (I BUL yunt) *adj* boiling; bubbling with excitement; exuberant

DAY 16

QUOTE: "Criticize by creating." – Michelangelo

SUGGESTION: Write about something you'd like to change in the world.

REPLY:

---

EBULLIENT (I BUL yunt) *adj* boiling; bubbling with excitement; exuberant



## DAY 17

QUOTE: "Nothing but stillness can remain when hearts are full of their own sweetness, bodies of their loveliness." – William Butler Yeats

SUGGESTION: How full is your heart of sweetness? Write about a time where you showered someone with kindness (or you wish you had).

REPLY:

---

EBULLIENT (I BUL yunt) *adj* boiling; bubbling with excitement; exuberant

DAY 18

QUOTE: "If man has lost the need for poetry, will he notice when poetry is missing?" – Milan Kundera

SUGGESTION: The first time I read this I thought it said "party" not poetry. Write about the need for parties. When the party's over, do you miss it?

REPLY:

---

EBULLIENT (I BUL yunt) *adj* boiling; bubbling with excitement; exuberant

DAY 19

QUOTE: "Love yourself first and everything else falls into line." – Lucille Ball

SUGGESTION: You don't have to paint your own name on an overpass or anything dramatic. Flowers and chocolate might be reasonable. Make a list of things you might do to express your love of self. Then go out and do a few today.

REPLY:

---

EBULLIENT (I BUL yunt) *adj* boiling; bubbling with excitement; exuberant

## DAY 20

QUOTE: "Since you are like no other being ever created since the beginning of time, you are incomparable." – Brenda Ueland

SUGGESTION: Compare yourself with a famous person that you relate to and admire. What do you admire about this person? What do you have in common? What makes you unique from this person?

REPLY:

---

EBULLIENT (I BUL yunt) *adj* boiling; bubbling with excitement; exuberant

DAY 21

QUOTE: "Whatever prepares you for death enhances your life."  
– Stephen Levine

SUGGESTION: Write about an incident in your life that helped you live – if only for a day -- more passionately.

REPLY:

---

EBULLIENT (I BUL yunt) *adj* boiling; bubbling with excitement; exuberant

## **WEEK 4 - SOLICITOUS**

DAY 22

QUOTE: "Beauty is an ecstasy; it is as simple as hunger. There is really nothing to be said about it. It is like the perfume of a rose: you can smell it and that is all." – W. Somerset Maugham

SUGGESTION: Look around yourself, wherever you are. Discover something beautiful and write about its beauty in detail. What made you discover it?

REPLY:

---

SOLICITOUS (suh LIS uh tus) *adj* eager and attentive, often to the point of hovering; anxiously caring or attentive

DAY 23

QUOTE: "There's nothing either good or bad; but thinking makes it so."  
– Shakespeare

SUGGESTION: Write about a time in your life when something you thought was good turned out to be bad, or vice-versa.

REPLY:

---

SOLICITOUS (suh LIS uh tus) *adj* eager and attentive, often to the point of hovering; anxiously caring or attentive

DAY 24

QUOTE: "Good manners are made up of petty sacrifices." – Emerson

SUGGESTION: Write about a sacrifice you could make today to better your manners.

REPLY:

---

SOLICITOUS (suh LIS uh tus) *adj* eager and attentive, often to the point of hovering; anxiously caring or attentive



## DAY 25

QUOTE: "In the long run we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility." – Eleanor Roosevelt

SUGGESTION: Write about two strong choices you have made that are shaping your life right now. Were they the right choices?

REPLY:

---

SOLICITOUS (suh LIS uh tus) *adj* eager and attentive, often to the point of hovering; anxiously caring or attentive

DAY 26

QUOTE: "A prayer for the wild at heart, kept in cages." – Tennessee Williams

SUGGESTION: Write about a time that you followed your wild heart against others' wishes. Or a time you didn't, and wished you had. Everybody should be able to write something about that. Right? Write.

REPLY:

---

SOLICITOUS (suh LIS uh tus) *adj* eager and attentive, often to the point of hovering; anxiously caring or attentive

DAY 27

QUOTE: "Bring ideas in and entertain them royally, for one of them may be the king." – Mark Van Doren

SUGGESTION: What great ideas have been brewing in your head lately? Write them down and pick one you'd like to develop.

REPLY:

---

SOLICITOUS (suh LIS uh tus) *adj* eager and attentive, often to the point of hovering; anxiously caring or attentive

## DAY 28

QUOTE: "There's a saying among prospectors: 'Go out looking for one thing, and that's all you'll ever find.'" – Robert Flaherty

SUGGESTION: Have you been looking for "the one thing" in your career or love life and getting the same results, over and over? Write about another avenue you could take, in some area of your life that needs shaking up.

REPLY:

---

SOLICITOUS (suh LIS uh tus) *adj* eager and attentive, often to the point of hovering; anxiously caring or attentive

## **WEEK 5 - UBQUITOUS**

DAY 29

QUOTE: "The biggest adventure you can ever take is to live the life of your dreams." – Oprah Winfrey

SUGGESTION: Today you're living your biggest dream! Describe what's happening.

REPLY:

---

UBQUITOUS (yoo BIK whu tus) *adj* being everywhere at the same time

DAY 30

QUOTE: "I saw the angel in the marble and carved until I set him free."  
– Michelangelo

SUGGESTION: Do you see yourself as the angel in the marble or the sculptor who sets herself/himself free? Or do you feel like the chisel getting hammered on the head, trying to create art from a blank stone?

REPLY:

---

UBQUITOUS (yoo BIK whu tus) *adj* being everywhere at the same time

## DAY 31

QUOTE: "He who wishes to see how the soul inhabits the body should look to see how that body uses its daily surroundings. If the dwelling is dirty and neglected, the body will be kept by its soul in the same condition, dirty and neglected." – Leonardo da Vinci

SUGGESTION: Using five different words for unclean, write about a time when you were going through a difficult phase in your life, and felt dirty and neglected.

REPLY:

---

UBQUITOUS (yoo BIK whu tus) *adj* being everywhere at the same time

DAY 32

QUOTE: "Without art, the crudeness of reality would make the world unbearable." – George Bernard Shaw

SUGGESTION: Write a twelve-sentence poem about art. It doesn't have to rhyme.

REPLY:

---

UBQUITOUS (yoo BIK whu tus) *adj* being everywhere at the same time



DAY 33

QUOTE: "You can go down to the river and you can curse the way the river is flowing or you can go down to the river and applaud the way the river is flowing. The river doesn't give a shit." – Lee Aronsohn

SUGGESTION: What, in your opinion, does a river give a shit about?

REPLY:

---

UBQUITOUS (yoo BIK whu tus) *adj* being everywhere at the same time

DAY 34

QUOTE: "In order to write about life, first you must live it!" – Ernest Hemingway

SUGGESTION: Do you agree? Try writing a paragraph about the after life, and see how it goes.

REPLY:

---

UBQUITOUS (yoo BIK whu tus) *adj* being everywhere at the same time

DAY 35

QUOTE: "I did not come to my fundamental understanding of the universe through my rational mind." – Albert Einstein

SUGGESTION: What's the least rational thing you've ever done? Tell us about the consequences.

REPLY:

---

UBQUITOUS (yoo BIK whu tus) *adj* being everywhere at the same time

## **WEEK 6 – SANGUINE**

DAY 36

QUOTE: “The meeting of two personalities is like the contact of two chemical substances; if there is a reaction, both are transformed.” – Carl Jung

SUGGESTION: Have you ever felt a special chemistry with anyone? Describe the experience.

REPLY:

---

SANGUINE (SANG gwin) *adj* cheerful; optimistic; hopeful

## DAY 37

QUOTE: "A man as a general rule, owes very little to what he is born with – a man is what he makes himself." – Alexander Graham Bell

SUGGESTION: Tell a story of a person you know who was born with very little and against all odds, created a great life for him/herself.

REPLY:

---

SANGUINE (SANG gwin) *adj* cheerful; optimistic; hopeful

DAY 38

QUOTE: "It is one of the most beautiful compensations of life that no man can sincerely try to help another without helping himself." – Ralph Waldo Emerson

SUGGESTION: Write about a time when you helped another person and received the bigger gift.

REPLY:

---

SANGUINE (SANG gwin) *adj* cheerful; optimistic; hopeful

DAY 39

QUOTE: "All you need is love." – The Beatles

SUGGESTION: Write about someone you love and how it feels to love this person (or pet).

REPLY:

---

SANGUINE (SANG gwin) *adj* cheerful; optimistic; hopeful

DAY 40

QUOTE: "Throw your dreams into space like a kite, and you know what it will bring back, a new life, a new friend, a new love, a new country." – Anais Nin

SUGGESTION: Try throwing one of your dreams into space and then write about what you hope it will bring back.

REPLY:

---

SANGUINE (SANG gwin) *adj* cheerful; optimistic; hopeful



DAY 41

QUOTE: "Most people are as happy as they make up their minds to be."  
– Abe Lincoln

SUGGESTION: Big words aren't necessarily better words. Respond to this quote using no word with more than four letters.

REPLY:

---

SANGUINE (SANG gwin) *adj* cheerful; optimistic; hopeful

DAY 42

QUOTE: "You must have a good time meeting people if you expect them to have a good time meeting you." – Dale Carnegie

SUGGESTION: Write about the most popular person you know. What is one quality he/she possesses that makes him/her magnetic.

REPLY:

---

SANGUINE (SANG gwin) *adj* cheerful; optimistic; hopeful

We all love secrets, especially when we get to tell them. Here's a secret that you can take public: writers need writers. We all work better when we have support. Find other writers with whom to share. Even if it's only one person, it helps, because our writing can feel more complete once it's in the hands of a reader.

Write from your heart. Your heart knows exactly what you want to write. Circumvent mental doubt and the writing will flow honestly from the heart. Go back later and rewrite and edit from your head.

Write daily, at the same time, and in the same place. Good habits become great addictions.

## **WEEK 7 - DILETTANTE**

DAY 43

QUOTE: "You use a glass mirror to see your face: you use works of art to see your soul." – George Bernard Shaw

SUGGESTION: Write about the one piece of art (painting, music, poetry, film, etc.) that you feel describes your soul.

REPLY:

---

DILETTANTE (DIL uh tahnt) *n* someone with superficial knowledge of the arts; an amateur; a dabbler

DAY 44

QUOTE: "Give light and the darkness will disappear of itself." – Erasmus

SUGGESTION: Write about this, starting with the following phrase:

*The rain suddenly stopped as the sun peered down through the dark clouds ...*

REPLY:

---

DILETTANTE (DIL uh tahnt) *n* someone with superficial knowledge of the arts; an amateur; a dabbler

DAY 45

QUOTE: "When there is a problem, there is not something to do, there is something to know." – Dr. Richard Charles Barker

SUGGESTION: Think about a problem you are having. Write about what you think it might be telling you about yourself or your life.

REPLY:

---

DILETTANTE (DIL uh tahnt) *n* someone with superficial knowledge of the arts; an amateur; a dabbler

DAY 46

QUOTE: "Bores: Intoxicated with their own egos, drunk with a sense of their own importance." – Dale Carnegie

SUGGESTION: Write the most boring paragraph you can about the biggest bore you know. Give specific (and boring) details.

REPLY:

---

DILETTANTE (DIL uh tahnt) *n* someone with superficial knowledge of the arts; an amateur; a dabbler

DAY 47

QUOTE: "I do not seek, I find." – Pablo Picasso

SUGGESTION: Write about a part of you hidden from the world and share its beauty.

REPLY:

---

DILETTANTE (DIL uh tahnt) *n* someone with superficial knowledge of the arts; an amateur; a dabbler



DAY 48

QUOTE: "I am here to live out loud." – Emile Zola

SUGGESTION: Write about a day that you lived out loud. Describe what happened.

REPLY:

---

DILETTANTE (DIL uh tahnt) *n* someone with superficial knowledge of the arts; an amateur; a dabbler

DAY 49

QUOTE: "Life rewards action." – Dr. Phil McGraw

SUGGESTION: Write a page about the actions that go on around us that are quiet but revolutionary, e.g., the act of reading, or the ability to influence people just by the way we look.

REPLY:

---

DILETTANTE (DIL uh tahnt) *n* someone with superficial knowledge of the arts; an amateur; a dabbler

## **WEEK 8 - VICISSITUDE**

DAY 50

QUOTE: "I always knew looking back on my tears would bring me laughter, but I never knew looking back on my laughter would make me cry. – Cat Stevens

SUGGESTION: Look back on your laughter. Write about one experience that makes you feel like crying.

REPLY:

---

VICISSITUDE (vi SIS uh tood) *n* upheaval; natural change; change in fortune

## DAY 51

QUOTE: "You are the power in your world! You get to have whatever you choose to think! – Louise Hay

SUGGESTION: Stop for a moment and catch your thought. What are you thinking right now? If it's true that your thoughts shape your life, would you want what you were thinking right now to become true for you?

REPLY:

---

VICISSITUDE (vi SIS uh tood) *n* upheaval; natural change; change in fortune

## DAY 52

QUOTE: "Partnership isn't about his and hers, your and mine, IOU and you-owe-me. It's a subtler form of math that adds up to magic." – Amy Bloom

SUGGESTION: Create a scene where two characters are in partnership. Describe what the characters do that adds up to magic.

REPLY:

---

VICISSITUDE (vi SIS uh tood) *n* upheaval; natural change; change in fortune

DAY 53

QUOTE: "All creative people should be required to leave California for three months every year." – Gloria Swanson

SUGGESTION: Write about waking up in California, after an earthquake, and discovering that you are on a chunk of land floating somewhere in the Pacific ocean, with only your city block and apartment building intact.

REPLY:

---

VICISSITUDE (vi SIS uh tood) *n* upheaval; natural change; change in fortune

DAY 54

QUOTE: "The only real voyage of discovery consists not in seeking new landscapes but in having new eyes." – Marcel Proust

SUGGESTION: Or new colored contacts ... Think about a place that you're familiar with. Now write about an aspect about it that you didn't think about before this moment.

REPLY:

---

VICISSITUDE (vi SIS uh tood) *n* upheaval; natural change; change in fortune

DAY 55

QUOTE: "The most rewarding things you do in life are often the ones that look like they cannot be done." – Arnold Palmer

SUGGESTION: Normally, though, face it, they don't get done at all. Look back and write about something you did that you never thought you would.

REPLY:

---

VICISSITUDE (vi SIS uh tood) *n* upheaval; natural change; change in fortune



DAY 56

QUOTE: "No one can make you feel inferior without your consent."  
– Eleanor Roosevelt

SUGGESTION: Write about someone you allowed to make you feel inferior. Why?  
Can you revoke the consent, in order to empower yourself?

REPLY:

---

VICISSITUDE (vi SIS uh tood) *n* upheaval; natural change; change in fortune

## **WEEK 9 - WISTFUL**

DAY 57

QUOTE: "Seeking without thinking is like shooting without aiming."  
– Old Proverb

SUGGESTION: Write about something you're seeking in life, but write it from your worst enemy's perspective about you.

REPLY:

---

WISTFUL (WIST ful) *adj* yearning; sadly longing

DAY 58

QUOTE: "Courage is resistance to fear, mastery of fear, not absence of fear."  
– Mark Twain

SUGGESTION: Write about what your fear would tell you, if your fear were a pointy-eared demon.

REPLY:

---

WISTFUL (WIST ful) *adj* yearning; sadly longing

DAY 59

QUOTE: "That which you see and hear, you cannot help; but that which you say depends on you alone." – Zohar

SUGGESTION: Write about something you just can't help but say, after what you have seen and heard. You're alone, so don't edit anything on our account.

REPLY:

---

WISTFUL (WIST ful) *adj* yearning; sadly longing

DAY 60

QUOTE: "The secret to successful business intercourse is: Exclusive attention to the person who is speaking to you is very important. Nothing else is so flattering as that." – Charles W. Eliot

SUGGESTION: What five things can you do to become a better listener?

REPLY:

---

WISTFUL (WIST ful) *adj* yearning; sadly longing

DAY 61

QUOTE: "Acting is about the truth. And it's an adventure. It isn't about what I know before I do it. It's about what I can discover while it's happening?"

– William Hurt

SUGGESTION: Write about some recent unflattering incident that happened to you. What did you discover about yourself because of it?

REPLY:

---

WISTFUL (WIST ful) *adj* yearning; sadly longing

## DAY 62

QUOTE: "Suddenly – by chance or training – some athletes realize that their performance seems inspired and effortless. When that happens, they know they are FINDING THE ZONE." – Lawrence Shainberg

SUGGESTION: Write about a time when you felt completely in THE ZONE.

REPLY:

---

WISTFUL (WIST ful) *adj* yearning; sadly longing

DAY 63

QUOTE: "You were once wild here. Don't let them tame you."  
– Isadora Duncan

SUGGESTION: You were? Oh, do tell. Write 300 words about your walk on the wild side.

REPLY:

---

WISTFUL (WIST ful) *adj* yearning; sadly longing



## **WEEK 10 - PARODY**

DAY 64

QUOTE: "I have learned from my experiences that at the moment when I start to argue with my intuition, I always make a wrong decision." – Ingmar Bergman

SUGGESTION: Write a dialogue between you and your intuition about an important decision you have to make.

REPLY:

---

PARODY (PAR uh dee) *n* a satirical imitation, satire, lampoon

DAY 65

QUOTE: "In self-analysis the danger of incompleteness is particularly great. One is too soon satisfied with a part explanation." – Sigmund Freud

SUGGESTION: Analyze what you think Sigmund is saying in the above quote. And explain why you agree or disagree with him.

REPLY:

---

PARODY (PAR uh dee) *n* a satirical imitation, satire, lampoon

DAY 66

QUOTE: "To love one's self is the beginning of a life long romance."  
– Oscar Wilde

SUGGESTION: And it doesn't cost as much as dating. Write about the benefits of solitude.

REPLY:

---

PARODY (PAR uh dee) *n* a satirical imitation, satire, lampoon

DAY 67

QUOTE: "Oh Lord, thou givest us everything, at the price of an effort."  
– Leonardo da Vinci

SUGGESTION: Write a paragraph about what the price of an effort would entail for you.

REPLY:

---

PARODY (PAR uh dee) *n* a satirical imitation, satire, lampoon

DAY 68

QUOTE: "Keep the channel open. No artist is pleased. There is no satisfaction whatever at any time. There is only a queer, divine dissatisfaction; a blessed unrest that keeps us marching and makes us more alive than the others."

— Martha Graham to Agnes DeMille

SUGGESTION: Write about "divine dissatisfaction" in your life, and how that makes you feel more alive than others.

REPLY:

---

PARODY (PAR uh dee) *n* a satirical imitation, satire, lampoon

DAY 69

QUOTE: "When we stop putting a value judgment on 'different', we won't be compelled to strive for sameness." – Fern Field

QUESTIION: Did you notice the name, "Fern Field"? That's different. Write about a field of ferns, or about somebody you know who has a rather odd name.

REPLY:

---

PARODY (PAR uh dee) *n* a satirical imitation, satire, lampoon

DAY 70

QUOTE: "What doesn't kill me makes me stronger." – Albert Camus

SUGGESTION: Write a murder scene for your favorite TV crime drama, with you as the guest star. Someone tries to kill you, but ... [you finish it].

REPLY:

---

PARODY (PAR uh dee) *n* a satirical imitation, satire, lampoon

## **WEEK 11 - RHETORIC**

DAY 71

QUOTE: "Every blade of grass has its Angel that bends over it and whispers, grow, grow." – The Talmund

SUGGESTION: Be still. Close your eyes. Write what your Angel is saying to you right now.

REPLY:

---

RHETORIC (RET ur ik) *n* in the art of formal speaking or writing; inflated discourse



DAY 72

QUOTE: "Surround yourself with people who respect and treat you well."  
– Claudia Black

SUGGESTION: Write a short story about respect, using the words: tarantula, chocolate, and violin.

REPLY:

---

RHETORIC (RET ur ik) *n* in the art of formal speaking or writing; inflated discourse

DAY 73

QUOTE: "It's a funny thing about life; if you refuse to accept anything but the best, you very often get it." – Somerset Maugham

SUGGESTION: Using a President's voice, write a speech that exhorts our nation to its finest hour.

REPLY:

---

RHETORIC (RET ur ik) *n* in the art of formal speaking or writing; inflated discourse

## DAY 74

QUOTE: "Just be yourself. Don't spoil it by adding. Subtract." Laurence Olivier said to Anthony Hopkins during rehearsals of *The Three Sisters*. Anthony replied, "I don't know how to do that." Laurence said, "It's something that you learn." And Anthony said, "How long will it take?" Laurence said, "It will take at least another fifteen years."

SUGGESTION: Write a short article about the difficulty of "being yourself," for "O" magazine. Or "Men's Journal," if you prefer.

REPLY:

---

RHETORIC (RET ur ik) *n* in the art of formal speaking or writing; inflated discourse

DAY 75

QUOTE: "The process of working towards the presentation of a life that isn't yours is a process of working towards unconsciousness." – Daniel Day-Lewis

SUGGESTION: Have you ever loved a life that wasn't yours? Tell us about it (and be dramatic!).

REPLY:

---

RHETORIC (RET ur ik) *n* in the art of formal speaking or writing; inflated discourse

DAY 76

QUOTE: "A cart-load of worry won't pay an ounce of debt."  
– Old Italian Proverb

SUGGESTION: You're due to give a speech to your graduating class tomorrow morning. Are you worried? Sure. So write your speech about that subject.

REPLY:

---

RHETORIC (RET ur ik) *n* in the art of formal speaking or writing; inflated discourse

## DAY 77

QUOTE: "Take your hands off the steering wheel. Be able to say to the Universe, 'Thy will be done,' and know it within your intentions." – Gary Zukav

SUGGESTION: Write a monologue in the voice of a Spiritual leader, on any subject, but starting with the words: Thy will be done ...

REPLY:

---

RHETORIC (RET ur ik) *n* in the art of formal speaking or writing; inflated discourse

## **WEEK 12 - LOQUATIOUS**

DAY 78

QUOTE: "We must touch with love." – Mother Teresa

SUGGESTION: Write a short unconsummated love story between two people.

REPLY:

---

LOQUATIOUS (lah KWAY shus) *adj* talking a lot or too much

DAY 79

QUOTE: "Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned." – Buddha

SUGGESTION: Write a nasty, unflattering, but comical piece for the National Enquirer about a celebrity you can't stand. Go ahead, let go of it.

REPLY:

---

LOQUATIOUS (lah KWAY shus) *adj* talking a lot or too much



DAY 80

QUOTE: "Without forgiveness, life is governed by an endless cycle of resentment and retaliation." – Roberto Assagioli

SUGGESTION: Think of someone you need to forgive. Now write a glowing piece about his/her best quality. Try to be honest.

REPLY:

---

LOQUATIOUS (lah KWAY shus) *adj* talking a lot or too much

## DAY 81

QUOTE: "Once you realize that the world is your own projection, you will be set free of it," a guru told his followers. Everything existing around you is painted on the screen of your consciousness. The picture you see may be ugly or beautiful, but in either case you are not bound by it. Rest assured, there is no one who has forced it on you. You are trapped only because of your habit of mistaking the imaginary for the real." – Deepak Chopra

SUGGESTION: Write a one-page idea for a movie based on the world you have painted on your consciousness, and how it's completely different from that of your next-door neighbor.

REPLY:

---

LOQUATIOUS (lah KWAY shus) *adj* talking a lot or too much

## DAY 82

QUOTE: "Tenderness and kindness are not signs of weakness and despair but manifestations of strength and resolution." – Kahlil Gibran

SUGGESTION: Read the quote above several times until you have a clear picture of it in your mind. Next, using your imagination, describe the setting where the poet wrote this piece. Be vivid, and remember ... good writing is in the details.

REPLY:

---

LOQUATIOUS (lah KWAY shus) *adj* talking a lot or too much

DAY 83

QUOTE: "It takes courage to grow up and turn out to be who you really are."  
– e.e. cummings

SUGGESTION: Write about someone coming into your home for the first time without you preparing for the visit. How would they describe your home/room? What would they discover about the real you that you don't show the world?

REPLY:

---

LOQUATIOUS (lah KWAY shus) *adj* talking a lot or too much

DAY 84

QUOTE: "Self-trust is the first secret of success." – Ralph Waldo Emerson

SUGGESTION: You don't know yourself and you are looking at yourself in the mirror. Who is this person? Is this person attractive? Happy? Angry? Elaborate.

REPLY:

---

LOQUATIOUS (lah KWAY shus) *adj* talking a lot or too much

Congratulations you have just finished twelve weeks of writing.

When you hit a wall, look up. Maybe you'd rather write about the sky. Play with the angles; ask the questions from another point of view. Shake it up, interrogate it, study how it tastes and smells. You are living the dream of becoming a writer, and you can direct the dream.

If you experience writer's block, remember that for many of us, our first experience with language was when we played with toy blocks, the wooden ones decorated with letters of the alphabet. Stack the words or knock them down. Have fun. Enjoy.

## **WEEK 13 - GRANDILOQUENT**

DAY 85

QUOTE: "It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult." – Seneca

SUGGESTION: Describe two fictional characters by comparing and contrasting how one of them dares and the other does not.

REPLY:

---

GRANDILOQUENT (gran DIL uh kwunt) *adj* pompous; using a lot of big, fancy words in an attempt to sound impressive

DAY 86

QUOTE: "One can never consent to creep when one feels an impulse to soar."  
– Helen Keller

SUGGESTION: Write a paragraph about a time when you enjoyed simply creeping.

REPLY:

---

GRANDILOQUENT (gran DIL uh kwunt) *adj* pompous; using a lot of big, fancy words in an attempt to sound impressive



## DAY 87

QUOTE: "The middle of the road is where the white line is, and that's the worst place to drive." – Robert Frost

SUGGESTION: Place two characters in a car: one wants something from the other that the other doesn't want to give. Focus on one need – a relationship commitment, a financial loan, etc. Write the scene, remembering to be specific.

REPLY:

---

GRANDILOQUENT (gran DIL uh kwunt) *adj* pompous; using a lot of big, fancy words in an attempt to sound impressive

## DAY 88

QUOTE: "Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it. Begin it now." – Goethe

SUGGESTION: Write a fairytale about your wildest dream and the journey on which it takes you.

REPLY:

---

GRANDILOQUENT (gran DIL uh kwunt) *adj* pompous; using a lot of big, fancy words in an attempt to sound impressive

DAY 89

QUOTE: "An affirmation is a positive state of (positive) belief, and if we can become one-tenth as good at positive self-talk as we are at negative self-talk, we will notice an enormous change." – Julia Cameron

SUGGESTION: Write three positive affirmations that will help transform your negative self-talk into positive self-talk. How does writing them make you feel?

REPLY:

---

GRANDILOQUENT (gran DIL uh kwunt) *adj* pompous; using a lot of big, fancy words in an attempt to sound impressive

DAY 90

QUOTE: "I'd rather be a poor man living in a grave, than living as a puppet or a slave." – Jimmy Cliff (song lyric from *The Harder They Come*)

SUGGESTION: Would you rather be a poor man living in a grave rather than living as a puppet or a slave? Why or why not?

REPLY:

---

GRANDILOQUENT (gran DIL uh kwunt) *adj* pompous; using a lot of big, fancy words in an attempt to sound impressive

DAY 91

QUOTE: "He is foolish to blame the sea who is shipwrecked twice."  
– Publilius Syrus

SUGGESTION: Write an emotional piece about your last few minutes on a sinking ship. Who is with you? How are you reacting?

REPLY:

---

GRANDILOQUENT (gran DIL uh kwunt) *adj* pompous; using a lot of big, fancy words in an attempt to sound impressive

## **WEEK 14 - COMPLICITY**

DAY 92

QUOTE: "He turns not back who is bound to be a star." – Leonardo da Vinci

SUGGESTION: In one paragraph, critique a da Vinci work of art. If you're not familiar with any, critique a song, an actor, a car ...

REPLY:

---

COMPLICITY (kum PLIS uh tee) *n* participation in wrongdoing; the act of being an accomplice

DAY 93

QUOTE: "A man's life is what his thoughts make of it." – Marcus Aurelius

SUGGESTION: Download the three pressing things on your mind. For example – Pants that need mending, birthday present to buy, got to get a paying job, picture to get framed, that difficult phone call to make, that French class you've been dying to take. What does your list reveal about you.

REPLY:

---

COMPLICITY (kum PLIS uh tee) *n* participation in wrongdoing; the act of being an accomplice

DAY 94

QUOTE: "Sex isn't the best thing in the world – but there's nothing else quite like it." – W.C.Fields

SUGGESTION: He must have been drunk to think it isn't. Write a one-page story about a juicy sexual encounter or sexual fantasy.

REPLY:

---

COMPLICITY (kum PLIS uh tee) *n* participation in wrongdoing; the act of being an accomplice



DAY 95

QUOTE: "Education is not the filling of a bucket but the lighting of a fire."  
– W.B. Yeats

SUGGESTION: Write about a fire burning inside you -- something you'd love to express, but haven't. If you're reminded of yesterday's journal entry then you aren't alone.

REPLY:

---

COMPLICITY (kum PLIS uh tee) *n* participation in wrongdoing; the act of being an accomplice

DAY 96

QUOTE: "Your own resolution to success is more important than any other one thing." – Abraham Lincoln

SUGGESTION: Write about one success you would like to have materialize this year. (Write about it in the past tense).

REPLY:

---

COMPLICITY (kum PLIS uh tee) *n* participation in wrongdoing; the act of being an accomplice

DAY 97

QUOTE: "A good book is the life blood of a master spirit." – John Milton

SUGGESTION: What is your favorite book? How did it make you feel when you first it?

REPLY:

---

COMPLICITY (kum PLIS uh tee) *n* participation in wrongdoing; the act of being an accomplice

DAY 98

QUOTE: "To become a star in your field you must release and reveal."  
– Lisa Haisha

SUGGESTION: Write about what you would have to take on to be a star in your field?

REPLY:

---

COMPLICITY (kum PLIS uh tee) *n* participation in wrongdoing; the act of being an accomplice

## **WEEK 15 - TENABLE**

DAY 99

QUOTE: "A man is a success if he gets up in the morning and goes to bed at night and in-between does what he wants to do." – Bob Dylan

SUGGESTION: Write a paragraph about what do you do in-between? Do you see yourself as a success?

REPLY:

---

TENABLE (TEN uh bul) *adj* defensible, as in one's position in an argument; capable of being argued successfully; valid

## DAY 100

QUOTE: "The way to fill your life with love is very simple: If you want more love, give more love." – Deepak Chopra

SUGGESTION: Write a one-page love letter to a person you care about, thanking them for being in your life and telling them what they mean to you (you don't have to give it to them).

REPLY:

---

TENABLE (TEN uh bul) *adj* defensible, as in one's position in an argument; capable of being argued successfully; valid

## DAY 101

QUOTE: "A writer is a person for whom writing is more difficult than it is for other people." – Thomas Mann

SUGGESTION: Using your imagination, describe what was going on with Mr. Mann when he first had this thought. Was he at his home? A retreat some place? Who was with him, if anyone? Be vivid and remember ... good writing is in the details.

REPLY:

---

TENABLE (TEN uh bul) *adj* defensible, as in one's position in an argument; capable of being argued successfully; valid

## DAY 102

QUOTE: "Kind words can be short and easy to speak but their echoes are truly endless." – Kahlil Gibran

SUGGESTION: Write the kind words a person (a parent, relative, or friend) has said to you. How did those kind words give you strength or courage to accomplish something you might not otherwise have tried otherwise?

REPLY:

---

TENABLE (TEN uh bul) *adj* defensible, as in one's position in an argument; capable of being argued successfully; valid



DAY 103

QUOTE: "Criticism polishes my mirror." – Rumi

SUGGESTION: Open a book you have read recently and randomly pick a chapter and reread it. Now, how about critiquing it in some way?

REPLY:

---

TENABLE (TEN uh bul) *adj* defensible, as in one's position in an argument; capable of being argued successfully; valid

## DAY 104

QUOTE: "It is one of the most beautiful compensations of life that no man can sincerely try to help another without helping himself." – Ralph Waldo Emerson

SUGGESTION: Write a paragraph to a charity that you believe in, praising them for their work. (Then send them a check!)

REPLY:

---

TENABLE (TEN uh bul) *adj* defensible, as in one's position in an argument; capable of being argued successfully; valid

DAY 105

QUOTE: "The truth [about yourself] will make you free ..." – Jesus

SUGGESTION: Reveal a hidden truth about yourself that, until now, you have been afraid to acknowledge.

REPLY:

---

TENABLE (TEN uh bul) *adj* defensible, as in one's position in an argument; capable of being argued successfully; valid

## **WEEK 16 - QUIXOTIC**

DAY 106

QUOTE: Do not think that love in order to be genuine has to be extraordinary."  
– Mother Teresa

SUGGESTION: Write about a romantic love in your life and compare it with a friendship, pet or family love.

REPLY:

---

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

DAY 107

QUOTE: "You better not compromise yourself, it's all you got." – Janis Joplin

SUGGESTION: Write about one way you have been compromising yourself and how you can make a shift into your truth.

REPLY:

---

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

DAY 108

QUOTE: "The message sent is not always the message received."

– Virginia Satir

SUGGESTION: What message are you sending out to your spouse/lover? Is this the message you want to them to receive?

REPLY:

---

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

DAY 109

QUOTE: "We don't receive wisdom, we must discover it for ourselves after a journey that no one can take for us or spare us." – Marcel Proust

SUGGESTION: Write about something you have learned from a journey that was challenging.

REPLY:

---

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

DAY 110

QUOTE: "The question is not whether we will die, but how we will live."  
– Joan Borysenko

SUGGESTION: If you had one month to live, and the sky's the limit, how would you spend it?

REPLY:

---

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree



DAY 111

QUOTE: "You don't have to suffer continual chaos in order to grow." – John Lilly

SUGGESTION: Describe one way in which you are creating chaos in your daily life. How does it serve you (or hurt you)?

REPLY:

---

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

## DAY 112

QUOTE: "If the doors of perception were cleansed, everything would appear to man as it is, infinite." – William Blake

SUGGESTION: Write about who you would be if you had an open slate and infinite possibilities. How would you reinvent yourself? What work would you be doing? Who would your best friends be?

REPLY:

---

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

## **WEEK 17 - PROSAIC**

DAY 113

QUOTE: "Anyone who wants to experience beauty must first of all abandon all preconceived ideas and perceptual frameworks." – Piero Ferrucci

SUGGESTION: If you abandoned all preconceived ideas and perceptual frameworks, what would be your new idea of beauty in yourself?

REPLY:

---

PROSAIC (proh ZAY ik) *adj* dull; unimaginative; like prose (as opposed to poetry)

DAY 114

QUOTE: "The same iron rigor needed to begin the book is required to end it."  
– Gabriel Garcia Marquez

SUGGESTION: Rearrange the words above and try to form a fresh sentence.  
Then explain what your sentence means.

REPLY:

---

PROSAIC (proh ZAY ik) *adj* dull; unimaginative; like prose (as opposed to poetry)

DAY 115

QUOTE: "It's never the things that happen to you that upset you; it's your view of them." – Epictetus

SUGGESTION: Write about something that has recently upset you. What actually happened? What was your view of it? Might someone else have taken a different view?

REPLY:

---

PROSAIC (proh ZAY ik) *adj* dull; unimaginative; like prose (as opposed to poetry)

DAY 116

QUOTE: "I went to a bookstore and asked the saleswoman, 'Where's the self-help section?' She said if she told me, it would defeat the purpose."

– George Carlin

SUGGESTION: Write about your last trip to the self-help section in your local bookstore. What books were you browsing through and why?

REPLY:

---

PROSAIC (proh ZAY ik) *adj* dull; unimaginative; like prose (as opposed to poetry)

DAY 117

QUOTE: "Love everyone unconditionally, including yourself..." – Ken Keys, Jr.

SUGGESTION: Write about one thing you could do daily to love yourself. Write about one thing that you could do for a friend, stranger, or family member that would make them feel loved.

REPLY:

---

PROSAIC (proh ZAY ik) *adj* dull; unimaginative; like prose (as opposed to poetry)

DAY 118

QUOTE: "To learn how to think is to learn how to live ..." – Ernest Holmes

SUGGESTION: Describe your biggest fantasy, regardless of how absurd you feel it may be.

REPLY:

---

PROSAIC (proh ZAY ik) *adj* dull; unimaginative; like prose (as opposed to poetry)



DAY 119

QUOTE: "If we could read the secret history of our enemies, we should find in each man's life, sorrow and suffering enough to disarm all hostility."

– Henry Wadsworth Longfellow

SUGGESTION: Write about a person who has hurt you. Describe your pain. Is the pain about you and your history or about the other person?

REPLY:

---

PROSAIC (proh ZAY ik) *adj* dull; unimaginative; like prose (as opposed to poetry)

## WEEK 18 - JUDICIOUS

DAY 120

QUOTE: "We live in a time when there dawns upon us a realization that the people living on the other side of the mountain are not made up exclusively of red-headed devils responsible for all the evil on this side of the mountain.

– C.G. Jung

SUGGESTION: Write about a time when you felt you acted unkindly toward someone or toward yourself.

REPLY:

---

JUDICIOUS (joo DISH us) *adj* exercising sound judgment

## DAY 121

QUOTE: "We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken away from a man but one thing: the last of human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way." – Viktor Frankl

SUGGESTION: Write about a difficult time in your life where you were challenged and severely stressed. How did this affect the way you treated others? How would you react to that same situation in retrospect?

REPLY:

---

JUDICIOUS (joo DISH us) *adj* exercising sound judgment

DAY 122

QUOTE: "The man who makes everything that leads to happiness depends upon himself and not upon other men, has adopted the very best plan for living happily. – Plato

SUGGESTION: Do you depend on others for your happiness? Write about one thing you could do each day to bring yourself more happiness.

REPLY:

---

JUDICIOUS (joo DISH us) *adj* exercising sound judgment

DAY 123

QUOTE: "Man must cease attributing his problems to his environment and learn again to exercise ... personal responsibility." – Albert Schweitzer

SUGGESTION: Write about one area in your life in which you need to exercise more personal responsibility.

REPLY:

---

JUDICIOUS (joo DISH us) *adj* exercising sound judgment

DAY 124

QUOTE: "What a caterpillar calls the end of the world the Master calls a butterfly." – Richard Bach

SUGGESTION: Write about a time when you turned into a butterfly just when you thought your life looked most bleak and hopeless.

REPLY:

---

JUDICIOUS (joo DISH us) *adj* exercising sound judgment

DAY 125

QUOTE: "... we can gradually grow into any conditions we desire, provided we first make ourselves in habitual mental attitude the person who corresponds to those conditions ..." – The Edinburgh Lectures on Mental Science

SUGGESTION: Describe a negative mental attitude you have assumed and what you can do to change it.

REPLY:

---

JUDICIOUS (joo DISH us) *adj* exercising sound judgment

DAY 126

QUOTE: "All our dreams can come true – if we have the courage to pursue them." – Walt Disney

SUGGESTION: Write about your biggest, wildest dream and how you are going to make it real.

REPLY:

---

JUDICIOUS (joo DISH us) *adj* exercising sound judgment



Don't worry about tomorrow, yet. Write something today. If you can't continue, take a break. This is a book of exercises, don't over exert or strain yourself. Learn to take time out from writing and you've learned one of the most important lessons; writers who pace themselves endure and get better. Continue when you can. Epics are written one syllable at a time.

## **WEEK 19 - RUMINATE**

DAY 127

QUOTE: "A relationship is fierce yoga." – Ram Dass

SUGGESTION: Describe a relationship you are experiencing now that feels like fierce yoga.

REPLY:

---

RUMINATE (ROO muh nayt) v to contemplate; to mull over

## DAY 128

QUOTE: "A traveler came to a worksite and saw two men carrying stones. One man was working listlessly, with a sullen expression on his face, while the other man was cheerfully singing as he busily carried stone after stone. 'What are you doing?' asked the traveler of the sullen worker. 'Laying stone' was his reply. 'What are you doing?' the industrious worker was asked. 'Building a cathedral was his reply.' This is intention at work." – Medieval Tale

SUGGESTION: Write about a few boring daily tasks you perform that, when seen from a different light, could be building your legend.

REPLY:

---

RUMINATE (ROO muh nayt) v to contemplate; to mull over

DAY 129

QUOTE: "Fear is that little darkroom where negatives are developed."  
– Michael Pritchard

SUGGESTION: Write about a negative that is getting developed in your dark room. How can you turn it into a positive?

REPLY:

---

RUMINATE (ROO muh nayt) v to contemplate; to mull over

DAY 130

QUOTE: "Knowing others is wisdom, knowing yourself is Enlightenment."  
– Lao-tzu

SUGGESTION: Write about something in yourself that you have just started to notice.

REPLY:

---

RUMINATE (ROO muh nayt) v to contemplate; to mull over

DAY 131

QUOTE: "There is a fountain of youth; it is your mind, your talents, the creativity you bring in your life and the lives of people you love." – Sophia Loren

SUGGESTION: Describe your fountain of youth. What gifts do you bring to your life? What do you bring to the lives of people you love?

REPLY:

---

RUMINATE (ROO muh nayt) v to contemplate; to mull over

DAY 132

QUOTE: "The royal road to a person's heart is to talk about the things he or she treasures most." – Roosevelt

SUGGESTION: Write about the one thing or person you treasure the most.

REPLY:

---

RUMINATE (ROO muh nayt) v to contemplate; to mull over

DAY 133

QUOTE: "The rose and the thorn, and the sorrow and gladness are linked together." – Saadi

SUGGESTION: Write about a situation in your life that has thorns and roses attached and describe the link between sorrow and gladness.

REPLY:

---

RUMINATE (ROO muh nayt) v to contemplate; to mull over



## **WEEK 20 - OFFICIOUS**

DAY 134

QUOTE: "Support the strong, give courage to the timid, remind the indifferent, and warn the opposed." – Whitney M. Young

SUGGESTION: Who in your life could use support? Courage? Reminding? Warning? Write one of their stories.

REPLY:

---

OFFICIOUS *adj* annoyingly eager to help or advise

DAY 135

QUOTE: "Who dares to teach must never cease to learn." – John Cotton Dana

SUGGESTION: What are you currently committed to learning? What else would you like to learn if you had more time or money?

REPLY:

---

OFFICIOUS *adj* annoyingly eager to help or advise

DAY 136

QUOTE: "Be a good listener. Your ears will never get you in trouble."  
– Frank Tyger

SUGGESTION: Write about a time when you were a good listener. What did you hear?

REPLY:

---

OFFICIOUS *adj* annoyingly eager to help or advise

DAY 137

QUOTE: "What lies behind us and what lies before us are tiny matters compared to what lies within us." – Ralph Waldo Emerson

SUGGESTION: Write about something that lies within you that you don't allow others to see.

REPLY:

---

OFFICIOUS *adj* annoyingly eager to help or advise

DAY 138

QUOTE: "If you are a serious artist your work will be about you."  
– Francis Ford Coppola

SUGGESTION: Write the first paragraph of a romantic short story, starting with the words, "The first time I saw that face..."

REPLY:

---

OFFICIOUS *adj* annoyingly eager to help or advise

DAY 139

QUOTE: "Awake, arise, or be forever fallen. – John Milton

SUGGESTION: Write about a passion you'd like to awaken?

REPLY:

---

OFFICIOUS *adj* annoyingly eager to help or advise

DAY 140

QUOTE: "There is only work and love in life.... If we are fortunate, we love our work. If we are wise, we are willing to work at love." – Noah ben Shea

SUGGESTION: Write about a love affair you had with a co-worker (if you never had one, fantasize about one).

REPLY:

---

OFFICIOUS *adj* annoyingly eager to help or advise

## **WEEK 21 - OBLIQUE**

DAY 142

QUOTE: "Humor is the shortest distance between two people."  
– Jessica Redmond

SUGGESTION: Write about something that made you laugh out loud recently.

REPLY:

---

OBLIQUE (oh BLEEK) *adj* indirect; at an angle



DAY 143

QUOTE: "Hope is a good thing – maybe the best thing, and no good thing ever dies." – Stephen King

SUGGESTION: Write about what you hope for this year.

REPLY:

---

OBLIQUE (oh BLEEK) *adj* indirect; at an angle

DAY 144

QUOTE: "Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands.

– Anne Frank

SUGGESTION: What movie or TV character do you see yourself as. Are you forming based on your actions? Are you creating the kind of character you want to be known as?

REPLY:

---

OBLIQUE (oh BLEEK) *adj* indirect; at an angle

DAY 145

QUOTE: "A wise man gets more from his enemies than a fool from his friends."  
– Baltasar Gracian

SUGGESTION: What is the most valuable thing that you have learned from an enemy?

REPLY:

---

OBLIQUE (oh BLEEK) *adj* indirect; at an angle

DAY 146

QUOTE: "Grief can take care of itself; but to get the full value of joy, you must have somebody to share it with." – Mark Twain

SUGGESTION: Describe someone in your life with whom you'd like to share your most joyful moment. What would that moment be?

REPLY:

---

OBLIQUE (oh BLEEK) *adj* indirect; at an angle

DAY 147

QUOTE: "A friend is a present you give yourself." – Robert Louis Stevenson

SUGGESTION: How many friends have you given yourself? Describe what is special about one of them?

REPLY:

---

OBLIQUE (oh BLEEK) *adj* indirect; at an angle

DAY 148

QUOTE: "Friendship is the only cement that will ever hold the world together."  
– Woodrow Wilson

SUGGESTION: Have you ever lost a best friend? Write about the experience.

REPLY:

---

OBLIQUE (oh BLEEK) *adj* indirect; at an angle

## **WEEK 22 - ABSTRUSE**

DAY 149

QUOTE: "The effect of a smile is powerful – even when it's unseen."  
– Dale Carnegie

SUGGESTION: Write about someone who is usually smiling even in the face of adversity. How does their presence affect others near them?

REPLY:

---

ABSTRUSE (ab STROOS) *adj.* hard to understand, puzzling, mysterious

DAY 150

QUOTE: "If you have a passion for something, it has energy to it."  
– June Levin Sin

SUGGESTION: Write about something you're passionate about, just as if you were describing it to a friend. Really try to convey your emotions.

REPLY:

---

ABSTRUSE (ab STROOS) *adj.* hard to understand, puzzling, mysterious



DAY 151

QUOTE: "Imagination is the highest kite we can fly." – Lauren Bacall

SUGGESTION: How high is your kite? Write a couple of paragraphs about what life will be like for you twenty years from now. Who will you be? Who is around you? Where do you live? Let your imagination soar.

REPLY:

---

ABSTRUSE (ab STROOS) *adj.* hard to understand, puzzling, mysterious

DAY 152

QUOTE: "We all have the software to be creative; we've just forgotten how to use it." -- Pam Moore

SUGGESTION: Access your software right now and write a poem about the process of writing (it doesn't have to rhyme).

REPLY:

---

ABSTRUSE (ab STROOS) *adj.* hard to understand, puzzling, mysterious

DAY 153

QUOTE: "Listen to your heart, it's not a murmur." – Lou Hill

SUGGESTION: When was the last time you really listened to your heart? What did it say to you?

REPLY:

---

ABSTRUSE (ab STROOS) *adj.* hard to understand, puzzling, mysterious

DAY 154

QUOTE: "We manifest, not by trying to attract to us, but by expressing out from us: not taking, but giving." – Gary Zukav

SUGGESTION: What do you regularly give to society? Is it as much as what you take?

REPLY:

---

ABSTRUSE (ab STROOS) *adj.* hard to understand, puzzling, mysterious

DAY 155

QUOTE: "I want to go on living after my death. And therefore I am grateful to God for giving me this gift ... of expressing all that is in me. – Anne Frank

SUGGESTION: Describe a moment where you felt you were expressing yourself fully. How did it make you feel?

REPLY:

---

ABSTRUSE (ab STROOS) *adj.* hard to understand, puzzling, mysterious

## **WEEK 23 - MELLIFLUOUS**

DAY 157

QUOTE: "The way is not in the sky. The way is in the heart." – Gautama Buddha

SUGGESTION: Write about one thing you could do each day to bring more love into your heart.

REPLY:

---

MELLIFLUOUS (muh LIF loo us) *adj* sweetly flowing

DAY 158

QUOTE: "Desire is the key to motivation, but it's the demonstration and commitment to an unrelenting pursuit of your goal – a commitment to excellence – that will enable you to attain the success you seek." – Mario Andretti

SUGGESTION: What do you truly desire? Are you committed to attaining it? If you haven't yet done it, write about the first step you need to take to realize your goal.

REPLY:

---

MELLIFLUOUS (muh LIF loo us) *adj* sweetly flowing

DAY 159

QUOTE: "Most folks are about as happy as they make up their minds to be."  
– Abe Lincoln

SUGGESTION: Do you think Abe was happy? Why or why not?

REPLY:

---

MELLIFLUOUS (muh LIF loo us) *adj* sweetly flowing



DAY 160

QUOTE: "Fall seven times, stand up eight." – Japanese proverb

SUGGESTION: From your own experience, write about the eighth time you stood up. What happened and how did it feel?

REPLY:

---

MELLIFLUOUS (muh LIF loo us) *adj* sweetly flowing

DAY 161

QUOTE: "Action seems to follow feeling, but really action and feeling go together; and by regulating the action which is under the more direct control of the will, we can indirectly regulate the feeling, which is not." – William James

SUGGESTION: Do you agree that your actions are under the direct control of your will? Why or why not? Give examples...

REPLY:

---

MELLIFLUOUS (muh LIF loo us) *adj* sweetly flowing

DAY 162

QUOTE: "Everybody is seeking happiness – and there is one sure way to find it. That is by controlling your thoughts. Happiness doesn't depend on outward conditions. It depends on inner conditions." – Dale Carnegie

SUGGESTION: What does your inner condition look like? Describe it in terms of a painting or sculpture.

REPLY:

---

MELLIFLUOUS (muh LIF loo us) *adj* sweetly flowing

DAY 163

QUOTE: "A man without a smiling face must not open a shop."  
– A Chinese Proverb

SUGGESTION: What kind of shop would correspond to your face (a bar, a bakery, a morgue, etc.)? Explain why.

REPLY:

---

MELLIFLUOUS (muh LIF loo us) *adj* sweetly flowing

## **WEEK 24 - RAPACIOUS**

DAY 164

QUOTE: "It's never too late, in fiction or in life, to revise." – Nancy Thayer

SUGGESTION: Write about an incident in your life that you would like to revise. Now, revise it to how you would like to see it unravel in the future.

REPLY:

---

RAPACIOUS (ruh PAY shus) *adj* greedy; plundering; avaricious

DAY 165

QUOTE: "Every man is superior to me in some way. In that, I learn from him."  
– Ralph Waldo Emerson

SUGGESTION: Write about someone who is superior to you in some way. Can you think of someone who has a lesser position in your company, or is not as attractive or talented as you, but is in some other ways better than you (and maybe you'd never thought of this until this moment)?

REPLY:

---

RAPACIOUS (ruh PAY shus) *adj* greedy; plundering; avaricious

DAY 166

QUOTE: "If there is one secret of success, it lies in the ability to get the other person's point of view and see things from that person's angle as well as from your own." – Henry Ford

SUGGESTION: Write about a time where you could have seen the other person's point of view but chose not to, and how that decision affected your life.

REPLY:

---

RAPACIOUS (ruh PAY shus) *adj* greedy; plundering; avaricious

DAY 167

QUOTE: "It is the individual who is not interested in his fellow men who has the greatest difficulties in life and provides the greatest injury to others. It is from among such individuals that all human failures spring." – Alfred Adler

SUGGESTION: How interested are you in others? Would people describe you as self-absorbed? Be really, really honest.

REPLY:

---

RAPACIOUS (ruh PAY shus) *adj* greedy; plundering; avaricious



DAY 168

QUOTE: "Everything you and I do springs from two motives: the sex urge and the desire to be great." – Sigmund Freud

SUGGESTION: Write about a time when you felt the sex urge. Write about your desire to be great.

REPLY:

---

RAPACIOUS (ruh PAY shus) *adj* greedy; plundering; avaricious

DAY 169

QUOTE: "I consider my ability to arouse enthusiasm among my people the greatest asset I possess." – Charles Schwab

SUGGESTION: Write a short speech intended to arouse enthusiasm in your co-workers or employees.

REPLY:

---

RAPACIOUS (ruh PAY shus) *adj* greedy; plundering; avaricious

DAY 170

QUOTE: "Courage, unused, diminishes. Commitment, unexercised, wanes. Love, unshared, dissipates." – Anthony Robbins

SUGGESTION: Picking one of these – Courage, Commitment or Love – write about your most memorable experience in manifesting it.

REPLY:

---

RAPACIOUS (ruh PAY shus) *adj* greedy; plundering; avaricious

Stuck? Stick with it:

Congratulations for getting this far. You're obviously dedicated. Change your schedule if you need to adjust. Some days you may not feel like writing according to the suggestions in this book, so write anything that comes to mind. You're becoming a writer, and writing is a form of freedom. Celebrate!

## **WEEK 25 - DEMAGOGUE**

DAY 171

QUOTE: "It is not enough to have a great mind; the main thing is to use it well."  
– Rene Decartes

SUGGESTION: Is the same true with a great heart? Which do you think is more important, and why?

REPLY:

---

DEMAGOGUE (DEM uh gawg) *n* a leader of the people, but more a rabble rouser

DAY 172

QUOTE: "When written in Chinese, the word "crisis" is composed of two characters. One represents danger and the other represents opportunity."  
– John F. Kennedy

SUGGESTION: Write about a crisis that you have experienced in your life. In retrospect, can you see the opportunity it presented?

REPLY:

---

DEMAGOGUE (DEM uh gawg) *n* a leader of the people, but more a rabble rouser

DAY 173

QUOTE: "Creativity is allowing oneself to make mistakes. Art is knowing which ones to keep." – Scott Adams

SUGGESTION: Write a poem, quickly, and don't worry about making mistakes. Then, taking your time, rewrite the same poem (keeping all the best elements).

REPLY:

---

DEMAGOGUE (DEM uh gawg) *n* a leader of the people, but more a rabble rouser

DAY 174

QUOTE: "Don't worry about people stealing your ideas. If your ideas are any good, you'll have to ram them down people's throats." – Howard Aiken

SUGGESTION: Detail a good idea you have inside you that you haven't revealed to anyone yet. (Don't worry we won't tell.)

REPLY:

---

DEMAGOGUE (DEM uh gawg) *n* a leader of the people, but more a rabble rouser



DAY 175

QUOTE: "Discovery consists of looking at the same thing as everyone else does and thinking something different." – Albert Szent-Gyorgyi

SUGGESTION: Pick anything – an art piece, object, a practical idea – and write about a piece about it where you look at it in a completely different light from everyone else. Have fun!

REPLY:

---

DEMAGOGUE (DEM uh gawg) *n* a leader of the people, but more a rabble rouser

DAY 176

QUOTE: "You cannot depend on your eyes when your imagination is out of focus." – Mark Twain

SUGGESTION: Write a page beginning with: The fog was slowly closing in on me  
...

REPLY:

---

DEMAGOGUE (DEM uh gawg) *n* a leader of the people, but more a rabble rouser

DAY 177

QUOTE: "Bores: Intoxicated with their own egos, drunk with a sense of their own importance." – Dale Carnegie

SUGGESTION: You're giving a speech at the local PTA or Rotary Club. Write the most boring, pedantic and self-aggrandizing monologue you can imagine.

REPLY:

DEMAGOGUE (DEM uh gawg) *n* a leader of the people, but more a rabble rouser

## **WEEK 26 - VERACITY**

DAY 178

QUOTE: "You cannot be frightened of the unknown because you have postponed it." – Krishnamurti

SUGGESTION: What are you most fearful of and why? Think about it, then write a scene where you confront and overcome that fear. Get deep within your psyche!

REPLY:

---

VERACITY (vuh RAS uh tee) *n* truthfulness, reality

DAY 179

QUOTE: "Hard work, discipline, and the ability to be focused are essential, invaluable tools for accomplishing one's life purpose, for leading a life that feels "full" and "meaningful" rather than "empty." The irony is that only through discipline can we achieve freedom." – John E. Welshons

SUGGESTION: Write about one thing you want to achieve and then the discipline it will take to achieve it.

REPLY:

---

VERACITY (vuh RAS uh tee) *n* truthfulness, reality

DAY 180

QUOTE: "There is no power that can guarantee that you or I are going to live one more minute." – Don Juan Casteneda

SUGGESTION: You just died. God asks you, "If I let you know what you know today and allow you to relive the past ten years, what would you do differently?" How would you reply?

REPLY:

---

VERACITY (vuh RAS uh tee) *n* truthfulness, reality



DAY 181

QUOTE: "In the beginner's mind there are many possibilities. In the expert's mind there are few." – Shunryu Suzuki

SUGGESTION: Write about a time when in your naïve state you took a chance that, had you known better, you would have avoided.

REPLY:

---

VERACITY (vuh RAS uh tee) *n* truthfulness, reality

DAY 182

QUOTE: "It is difficult to think of dying consciously when we notice how incomplete we feel, how frightened we are of life. It is almost as though we were never completely born." – Stephen Levine

SUGGESTION: What does this statement mean to you? Do you agree?

REPLY:

---

VERACITY (vuh RAS uh tee) *n* truthfulness, reality

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DAY 183

QUOTE: "I set my foot upon the air and it carried me." – Hilde Domin

SUGGESTION: Where has the wind carried you in the past? Where would you like it to take you?

REPLY:

---

VERACITY (vuh RAS uh tee) *n* truthfulness, reality

DAY 184

QUOTE: "A new idea is delicate. It can be killed by a sneer or a yawn; it can be stabbed to death by a joke or worried to death by a frown on the right person's brow." – Charles Brower

SUGGESTION: Write about an idea you had that you didn't pursue because someone you respected sneered at it, yawned it away, or stabbed it to death. Is it too late to try again?

REPLY:

---

VERACITY (vuh RAS uh tee) *n* truthfulness, reality

## **WEEK 27 - MALINGER**

DAY 185

QUOTE: "I can't understand why people are frightened of new ideas. I'm frightened of the old ones." – John Cage

SUGGESTION: Write about a fresh idea brewing inside you. (We promise not to sneer.)

REPLY:

---

MALINGER (muh LING ger) v to pretend to be sick to avoid doing work

DAY 186

QUOTE: If you can't sleep, then get up and do something instead of lying there and worrying. It's the worry that gets you, not the loss of sleep."

– Dale Carnegie

SUGGESTION: Write a fantasy about a sleepless night. Start the fantasy with: "*I was laying in my bed, wide awake and unable to sleep, when ...*"

REPLY:

---

MALINGER (muh LING ger) v to pretend to be sick to avoid doing work

DAY 187

QUOTE: "The secret of creativity is knowing how to hide your sources."  
– Albert Einstein

SUGGESTION: The ancient Greeks thought creativity was inspired by the Muses. Do you have a Muse of your own? Write about him or her.

REPLY:

---

MALINGER (muh LING ger) v to pretend to be sick to avoid doing work

DAY 188

QUOTE: "There are no days in life so memorable as those which vibrated to some stroke of the imagination." – Ralph Waldo Emerson

SUGGESTION: I'm sure you can remember a day like this. Describe it, as vividly as possible.

REPLY:

---

MALINGER (muh LING ger) v to pretend to be sick to avoid doing work



DAY 189

QUOTE: "Man's mind stretched to a new idea never goes back to its original dimensions." – Oliver Wendell Holmes

SUGGESTION: Write about a new idea that changed mankind's thinking forever. Or write about one that changed your own.

REPLY:

---

MALINGER (muh LING ger) v to pretend to be sick to avoid doing work

DAY 190

QUOTE: "There is one thing stronger than all the armies in the world; and that is an idea whose time has come." – Victor Hugo

SUGGESTION: Imagine you're a spiritual or political leader with a revolutionary new idea. Write the one opening paragraph to a speech you would give, introducing your new idea.

REPLY:

---

MALINGER (muh LING ger) v to pretend to be sick to avoid doing work

DAY 191

QUOTE: "The secret to success is to start from scratch and keep on scratching."  
– Dennis Green

SUGGESTION: Describe an itch you'd like scratched. And who would you like to scratch it?

REPLY:

---

MALINGER (muh LING ger) v to pretend to be sick to avoid doing work

## **WEEK 28 - KINDRED**

DAY 192

QUOTE: "The eyes are not responsible when the eyes do the seeing."  
– Pubilius Syrus

SUGGESTION: Write about something you thought you saw clearly, which in reality turned out to be different from what you thought.

REPLY:

---

KINDRED (kin-dred) adj of a similar nature or character: of the same ancestry

DAY 193

QUOTE: "What makes you worthwhile is who you are, not what you do."  
– Marianne Williamson

SUGGESTION: Write a short bio about who you ARE, which completely ignores what you DO.

REPLY:

---

KINDRED (kin-dred) adj of a similar nature or character: of the same ancestry

DAY 194

QUOTE: "The work will teach you how to do it." – Estonian Proverb

SUGGESTION: What would you like to learn, but have avoided due to fear? What are you afraid of?

REPLY:

---

KINDRED (kin-dred) adj of a similar nature or character: of the same ancestry

DAY 195

QUOTE: "The best time to plant a tree was twenty years ago. The second best time is now." – Chinese Proverb

SUGGESTION: Write about something you wish you had started twenty years ago. How might your life be different if you had done so?

REPLY:

---

KINDRED (kin-dred) adj of a similar nature or character: of the same ancestry

DAY 196

QUOTE: "Our individual path to success is paved with the imprints of where we have fallen but no longer lay." – Anonymous

SUGGESTION: Pick one of those "imprints" where you fell on your path. Describe that episode in your life, and what you learned from it.

REPLY:

---

KINDRED (kin-dred) adj of a similar nature or character: of the same ancestry



DAY 197

QUOTE: "What you do speaks so loudly that I cannot hear what you say."  
– Ralph Waldo Emerson

SUGGESTION: Write about something you constantly talk about that is belied by your daily actions. Be brutally honest.

REPLY:

---

KINDRED (kin-dred) adj of a similar nature or character: of the same ancestry

DAY 198

QUOTE: "If that which you seek you find not within yourself, you shall never find it without." – Diane Stein

SUGGESTION: Write about something you are seeking. Where are you looking and why?

REPLY:

---

KINDRED (kin-dred) adj of a similar nature or character: of the same ancestry

## WEEK 29 - FLOUT

DAY 199

QUOTE: "Do you not see that you and I are the branches of one tree? With your rejoicing, comes my laughter; with your sadness, start my tears. Love, could life be otherwise with you and me? – Tsu Yeh Tsin

SUGGESTION: Write a six line poem about unconditional love. Start the poem with: *With your sadness, start my tears ...*

REPLY:

---

FLOUT (flowt) v to disregard something out of disrespect

DAY 200

QUOTE: "There is nothing which heaven does not cover, and nothing which earth does not sustain." – Chuang Tzu 362-286 B.C.

SUGGESTION: Continue the quote above, adding a few lines of your personal philosophy. Try and maintain the same style.

REPLY:

---

FLOUT (flowt) v to disregard something out of disrespect

DAY 201

QUOTE: "Kind hearts are the garden, kind thoughts are the roots, kind words are the blossoms, kind deeds are the fruits." – Harriet Beinfeld

SUGGESTION: Write a similar metaphorical piece, using whatever subject matter and analogies you choose.

REPLY:

---

FLOUT (flowt) v to disregard something out of disrespect

DAY 202

QUOTE: "Indeed we are running away all the time to avoid coming face to face with our real selves." – Anonymous

SUGGESTION: Write about something in yourself that you don't want to accept, and why.

REPLY:

---

FLOUT (flowt) v to disregard something out of disrespect

DAY 203

QUOTE: "To learn is to change. Education is a process that changes the learner."  
– George Leonard

SUGGESTION: Write about something new you learned this year. How did it change you?

REPLY:

---

FLOUT (flowt) v to disregard something out of disrespect

DAY 204

QUOTE: "He who knows others is wise. He who knows himself is enlightened."  
– Lao Tzu

SUGGESTION: What are you still trying to figure out about yourself?

REPLY:

---

FLOUT (flowt) v to disregard something out of disrespect



DAY 205

QUOTE: "If it is possible for a multibillion-dollar education program to train people to see themselves as limited beings, it should also be possible for that program to encourage people to see themselves as embodiments of the capacity to transcend their present concepts of themselves and their powers."

-- Sidney T. Jourard

SUGGESTION: Write about someone you know who has embodied his/her greatness without apology.

REPLY:

---

FLOUT (flowt) v to disregard something out of disrespect

## WEEK 30 - NIHILISM

DAY 206

QUOTE: "Only the united beat of sex and heart together can create ecstasy."  
– Anais Nin

SUGGESTION: Write about a time where you were united with someone through the beat of sex and heart. Describe the experience in the present tense, as if you're watching it happen.

REPLY:

---

NIHILISM (NYE uh liz um) *n* the belief that there are no values or morals in the universe

DAY 207

QUOTE: "Love is the pursuit of the whole." – Plato

SUGGESTION: "Or is love the pursuit of the hole? What do you think?"

REPLY:

---

NIHILISM (NYE uh liz um) *n* the belief that there are no values or morals in the universe

DAY 208

QUOTE: "Worry is interest paid on trouble before it falls due." – Dean Inge

SUGGESTION: Write about a worry you have that has not manifested and about how much interest you have paid on it already.

REPLY:

---

NIHILISM (NYE uh liz um) *n* the belief that there are no values or morals in the universe

DAY 209

QUOTE: "The end of illusion is all death is." – Eckart Tolle

SUGGESTION: Write your own eulogy, as it would be delivered at your funeral. Base it on your life up until today.

REPLY:

---

NIHILISM (NYE uh liz um) *n* the belief that there are no values or morals in the universe

## DAY 210

QUOTE: "They came to a stream. There stood a girl unable to cross for fear of ruining her dress. The first monk picked her up and carried her across. The monks continued their journey in silence. After a few hours the second monk turned and asked, 'How could you pick her up when we have made vows not to even look at a woman?' The first monk replied, 'I left her back at the stream but you seem to be still carrying her.'" – Zen Story

SUGGESTION: Tell the story of something magical or mysterious that happened to you.

REPLY:

---

NIHILISM (NYE uh liz um) *n* the belief that there are no values or morals in the universe

DAY 211

QUOTE: "All the arts we practice are apprenticeship. The big art is our life."  
– M.C. Richards

SUGGESTION: Describe your life as art. Is it a poem? A sculpture? A mid-century modern oil painting? What does your choice say about you? Write about the art of your life.

REPLY:

---

NIHILISM (NYE uh liz um) *n* the belief that there are no values or morals in the universe

DAY 212

QUOTE: "What the mother sings to the cradle goes all the way down to the coffin." – Henry Ward Beecher

SUGGESTION: Discuss something your mother said or did to you as a child that left an imprint on you.

REPLY:

---

NIHILISM (NYE uh liz um) *n* the belief that there are no values or morals in the universe



### Writer's block:

Creative people learn to nurture and pace themselves, because creation requires energy from within. Every experienced writer learns to expect a natural cycle of give and take. Sometimes we feel burned-out, uninspired, or lazy about the task of writing, but it's usually because we need to take a break from writing and do something else, to give us the nourishment to continue. Go for a swim, plant a tree, make love, or go to the movies. Writing is a lifestyle, and putting pen to paper is only one small aspect of the writer's life.

Look at writing as a cyclical process: sometimes we write, sometimes we read or observe, and sometimes we forget about writing in order to be more passionate about another aspect of our experience. Richness results from following our intuition, and letting it gradually lead us back to the page, pen in hand and hungry to express ourselves.

Let this cycle guide you hourly (get up and stretch), daily (enjoy the outdoors), weekly (spend time with friends), and yearly (celebrate the fact that you wrote a book between birthdays). Balance the process of writing with the rest of your life, and you

## **WEEK 31 - BANAL**

DAY 213

QUOTE: "Birth is from the mystery of night into the greater mystery of day."  
– Tagore Abrinath

SUGGESTION: Write a story about when you were in your mother's womb. What were you feeling? Were you excited to be born? Scared?

REPLY:

---

BANAL (buh NAL) *adj* unoriginal; ordinary

DAY 214

QUOTE: "Nothing has a stronger influence psychologically on their environment, and especially on their children, than the unlived life of the parents."

– C.G. Jung

SUGGESTION: Write a page of fiction or non-fiction about your parents' unlived lives. What might they have become had they lived their lives differently?

REPLY:

---

BANAL (buh NAL) *adj* unoriginal; ordinary

DAY 215

QUOTE: "Love your enemies in case your friends turn out to be a bunch of bastards." -- R.A. Dickson

SUGGESTION: Who's your worst enemy? (Maybe it's someone you've never even met.) Write a love letter to him/her.

REPLY:

BANAL (buh NAL) *adj* unoriginal; ordinary  
DAY 216

QUOTE: "Fellini once told me, 'Robertino, remember always tell the truth'. Now I understand he was lying to me." – Roberto Benigni

SUGGESTION: Write an apology letter to someone you told a lie to, and ask for forgiveness. Don't offer excuses or explanations.

REPLY:

BANAL (buh NAL) *adj* unoriginal; ordinary  
DAY 217

QUOTE: "Work consists in whatever a body is obliged to do, and Play consists of whatever a body is not obliged to do." – Mark Twain

SUGGESTION: Write about work you are forced to do. Now write about a way you could imagine turning that work into play.

REPLY:

BANAL (buh NAL) *adj* unoriginal; ordinary  
DAY 218

QUOTE: "There is dignity in work only when it is work freely accepted."  
– Albert Camus

SUGGESTION: Is there dignity in the work you do? Why or why not?

REPLY:

BANAL (buh NAL) *adj* unoriginal; ordinary  
DAY 219

QUOTE: "Praise Allah, but first tie your camel to a post." – Sufi Saying

QUESTION: Write a story about an American man and an Arab woman walking with a camel in tow, to Timbuktu. Tell it from the camel's perspective.

REPLY:

---

BANAL (buh NAL) *adj* unoriginal; ordinary



## **WEEK 32 - CIRCUMLOCUTION**

DAY 220

QUOTE: "Work is love made visible." – Khalil Gibran

SUGGESTION: Write about something you love to do. How could you turn that into your life's work?

REPLY:

CIRCUMLOCUTION (sur kum loh KYOO shun) *n* an indirect expression; use of wordy or evasive language

DAY 221

QUOTE: "Many men go fishing all of their lives without knowing that it is not fish they are after." – Henry David Thoreau

SUGGESTION: What are you fishing for? How much have you caught? Have you ever caught it and thrown it back in?

REPLY:

---

CIRCUMLOCUTION (sur kum loh KYOO shun) *n* an indirect expression; use of wordy or evasive language

DAY 222

QUOTE: "A vision without a task is but a dream, a task without a vision is drudgery, a vision and a task is the hope of the world."

– From a Church in Sussux, England

SUGGESTION: Write about your vision of your life ten years from now. Where do you live? What do you do with your time? Are you alone? Happy? Healthy? Create your utopia.

REPLY:

---

CIRCUMLOCUTION (sur kum loh KYOO shun) *n* an indirect expression; use of wordy or evasive language

DAY 223

QUOTE: "I have no money, no resources, no hopes. I am the happiest man alive." – Henry Miller

SUGGESTION: Write about someone you know who possesses few material objects, but who is very happy (rich). What do you think is his/her secret?

REPLY:

---

CIRCUMLOCUTION (sur kum loh KYOO shun) *n* an indirect expression; use of wordy or evasive language

DAY 224

QUOTE: "There is a certain Buddhistic calm that comes from having ... money in the bank." – Ayn Rand

SUGGESTION: Write about how you would feel if you suddenly had one million dollars in your bank account.

REPLY:

---

CIRCUMLOCUTION (sur kum loh KYOO shun) *n* an indirect expression; use of wordy or evasive language

DAY 225

QUOTE: "We are not troubled by things, but by the opinions which we have of things." – Epictetus

SUGGESTION: Write about something you are troubled about. How does worrying about it serve you?

REPLY:

---

CIRCUMLOCUTION (sur kum loh KYOO shun) *n* an indirect expression; use of wordy or evasive language

DAY 226

QUOTE: "The soul becomes dyed with the color of its thoughts."  
– Marcus Aurelius

SUGGESTION: What color is your soul? Explain?

REPLY:

---

CIRCUMLOCUTION (sur kum loh KYOO shun) *n* an indirect expression; use of wordy or evasive language



## **WEEK 33 - BURLESQUE**

DAY 227

QUOTE: "Life is part positive and part negative. Suppose you want to hear a symphony orchestra and all they played were little, happy, high notes? Would you leave soon? Let me hear the rumble of the bass, the crash of the cymbals, and the minor keys." – Jim Rohn

SUGGESTION: Write a one-page symphony about your life. Over emphasize the highs and lows. Be dramatic and have fun.

REPLY:

---

BURLESQUE (bur LESK) *n* a ludicrous, mocking, or exaggerated imitation

DAY 228

QUOTE: "God grant me the serenity to accept the things I cannot change; courage to change the things I can; and the wisdom to know the difference."

– The serenity prayer – Reinhold Niebuhr

SUGGESTION: Write about one aspect of your life that you want to change and explain why. Do you believe it's something you really can change?

REPLY:

---

BURLESQUE (bur LESK) *n* a ludicrous, mocking, or exaggerated imitation

DAY 229

QUOTE: "You can't really cope with your existence till you're a whole person ..."  
– Fritz Perls

SUGGESTION: What do you think it would take to make you a whole person?  
Therapy? The right mate? More money in the bank?

REPLY:

---

BURLESQUE (bur LESK) *n* a ludicrous, mocking, or exaggerated imitation

DAY 230

QUOTE: "You can choose either to be a victim of the world or an adventurer in search of treasure. It's all a question of how you view your life."

– Paulo Coelho

SUGGESTION: What secret treasure are you in search of? Or is the work conspiring to keep you poor? How do you see your life?

REPLY:

---

BURLESQUE (bur LESK) *n* a ludicrous, mocking, or exaggerated imitation

DAY 231

QUOTE: "And this, our life, exempt from public haunt, finds tongues in trees, books in the running brooks, sermons in stones, and good in everything."

– William Shakespeare

SUGGESTION: Write a page about a tree talking to a brook. What does the tree say about the forest? The birds?

REPLY:

---

BURLESQUE (bur LESK) *n* a ludicrous, mocking, or exaggerated imitation

DAY 232

QUOTE: "The true gentleman does not preach what he practices 'till he has practiced what he preaches." – Confucius

SUGGESTION: What do you preach about? Do you practice it?

REPLY:

---

BURLESQUE (bur LESK) *n* a ludicrous, mocking, or exaggerated imitation

DAY 233

QUOTE: "My greatest weapon is mute prayer." – Mahatma Gandhi

SUGGESTION: Write a prayer for someone you know who needs it most.

REPLY:

---

BURLESQUE (bur LESK) *n* a ludicrous, mocking, or exaggerated imitation

## **WEEK 34 - UTOPIA**

DAY 234

QUOTE: "The greatest challenge of the day is: how to bring about a revolution which has to start with each one of us." – Dorothy Day

SUGGESTION: What revolution inside yourself would you like to unleash onto the world?

REPLY:

---

UTOPIA (yoo TOH pee uh) *n* an ideal society



DAY 235

QUOTE: "Music attracts the angels in the universe." – Bob Dylan

QUESTTION: Write a love ballad to your angels.

REPLY:

---

UTOPIA (yoo TOH pee uh) *n* an ideal society

DAY 236

QUOTE: "When I have to choose between two evils, I always try to pick the one I haven't tried yet." – Mae West

SUGGESTION: Write a page about a devilish desire you'd like to experience.

REPLY:

---

UTOPIA (yoo TOH pee uh) *n* an ideal society

DAY 237

QUOTE: "To arrive where you are, to get there from where you are not, you must go by a way wherein there is no ecstasy." – T.S. Elliot

SUGGESTION: Explain what this means to you.

REPLY:

---

UTOPIA (yoo TOH pee uh) *n* an ideal society

DAY 238

QUOTE: "Horror reveals a hidden part of all of us. The dark side. The id. The other, with a capital O. You need to acknowledge the darkness to acknowledge the light, you need the bad guy. It's a yin and yang." – Jay Bonansinga

SUGGESTION: Write a short two-page horror story, casting someone in your life as the lead character.

REPLY:

---

UTOPIA (yoo TOH pee uh) *n* an ideal society

DAY 239

QUOTE: "Failure exists, but failure is not what happens when you try and don't succeed. Failure in its pure form is what happens when you die without ever having tried anything." – Bud Gardner

SUGGESTION: Pick something you wish you had tried but haven't yet. Go ahead, plan on how to accomplish it. (Then do it!)

REPLY:

---

UTOPIA (yoo TOH pee uh) *n* an ideal society

Day 240

QUOTE: "There is nothing training cannot do. Nothing is above its reach. It can turn bad morals to good; it can destroy bad principles and recreate good ones; it can lift men to angelship." – Mark Twain

SUGGESTION: If you were given 6 months of training for free – what would you like to study and how do you think the experience would change your life?

REPLY:

---

UTOPIA (yoo TOH pee uh) *n* an ideal society

## **WEEK 35 - CAPITULATE**

Day 241

QUOTE: "The beginning of habit is like an invisible thread, but every time we repeat the act we strengthen the strand, add to it another filament, until it becomes a great cable and binds us irrevocably, thought and act."

– Orson Swett Marden

SUGGESTION: What good habit would you like to start today? What bad habit would you like to break?

REPLY:

---

CAPITULATE (kuh PICH uh layt) v to surrender; to give up or give in

DAY 242

QUOTE: Love is the merchandise, which all the world demands: if you store it in your heart, every soul will become your customer. – Hazrat Inayat Khan

SUGGESTION: Are you a merchant of love or a customer?

REPLY:

---

CAPITULATE (kuh PICH uh layt) v to surrender; to give up or give in



Day 243

QUOTE: "Who are you? Ooo, ooo,ooo," -- The Who

SUGGESTION: How would your best friend would describe you. Be honest.

REPLY:

---

CAPITULATE (kuh PICH uh layt) v to surrender; to give up or give in

DAY 244

QUOTE: "It is in your moments of decision that your destiny is shaped."  
– Anthony Robbins

SUGGESTION: What decision can you make today that would make a huge difference in your life ten years from now?

REPLY:

---

CAPITULATE (kuh PICH uh layt) v to surrender; to give up or give in

DAY 245

QUOTE: "I know of no more encouraging fact than the unquestionable ability of man to elevate his life by a conscious endeavor." – Henry David Thoreau

SUGGESTION: Use each one of the words above to construct a short story. (You can repeat the words as many times as you need to, but you must use each word).

REPLY:

---

CAPITULATE (kuh PICH uh layt) v to surrender; to give up or give in

DAY 246

QUOTE: "Problems are messages." – Shakti Gawain

SUGGESTION: Write about a message you have received lately, through a difficulty.

REPLY:

---

CAPITULATE (kuh PICH uh layt) v to surrender; to give up or give in

DAY 247

QUOTE: "Nothing stinks like a pile of unpublished writing." – Sylvia Plath

SUGGESTION: Respond to this pretending you're a decade older in the same place as you are now. How bad is the stench?

REPLY:

---

CAPITULATE (kuh PICH uh layt) v to surrender; to give up or give in

## **WEEK 36 - LAUD**

DAY 248

QUOTE: "There are people whom one loves immediately and forever. Even to know they are alive in the world with one is quite enough." – Nancy Spain

SUGGESTION: Write about someone who makes you feel good just by knowing they are alive.

REPLY:

---

LAUD (lawd) v to praise; applaud; to extol; to celebrate

DAY 249

QUOTE: "You've got to make a conscious choice everyday to shed the old – whatever 'the old' means to you." – Sarah Ban Breathnach

SUGGESTION: Write something about your life you want to shed, on a dollar bill. Now do the same on nineteen other dollar bills. Give those dollar bills away.

REPLY:

---

LAUD (lawd) v to praise; applaud; to extol; to celebrate

DAY 250

QUOTE: "Find a need and fill it." -- Henry J. Kaiser

SUGGESTION: Write about a special talent you have that can fill a need in your family, city, state, country, or world.

REPLY:

---

LAUD (lawd) v to praise; applaud; to extol; to celebrate



DAY 251

QUOTE: "The significant problems we face cannot be solved at the same level of thinking we were at when we created them." – Albert Einstein

SUGGESTION: Write a page about your "significant other", or someone from your past, and how that person forced you to adopt new problem-solving methods.

REPLY:

---

LAUD (lawd) v to praise; applaud; to extol; to celebrate

DAY 252

QUOTE: "The greatest weapon against stress is our ability to choose one thought over another." – William James

SUGGESTION: And all along, you thought it was the ability to shop 'til you drop and, choose one pair of shoes over the other. If your thoughts were your wardrobe, which items would you discard first? Which would you keep?

REPLY:

---

LAUD (lawd) v to praise; applaud; to extol; to celebrate

DAY 253

QUOTE: "The business of life is to go forward." – Samuel Johnson

SUGGESTION: Write about mixing the cocktail of business and pleasure and describe where it leads.

REPLY:

---

LAUD (lawd) v to praise; applaud; to extol; to celebrate

DAY 254

QUOTE: "Teach us how short our life is, so that we may become wise."  
– Psalm 90:12

SUGGESTION: Or take us to happy hour so we can forget how long our week was. Describe each day of your past week in one only one sentence; try to recall just the essence of each day.

REPLY:

---

LAUD (lawd) v to praise; applaud; to extol; to celebrate

This is a participation book. We're in this together. I strongly suggest sharing these exercises with others or start a writing group, or just give and take feedback, so you aren't writing in a creative vacuum all by yourself.

At this point, you aren't just a writer... you are an *accomplished* writer.

## **WEEK 37 - BLASPHEMY**

DAY 255

QUOTE: "Having your book turned into a movie is like seeing your oxen turned into bouillon cubes." – John Le Carre

SUGGESTION: They must not have paid well in John Le Carre's day, huh? Nowadays having your book turned into a movie is like having your bouillon cubes turned into gold bullion. Write about a favorite book or short story you'd like to see made into a movie.

REPLY:

---

BLASPHEMY (BLAS fuh mee) *n* irreverence; an insult to something held sacred; profanity

DAY 256

QUOTE: "Those who know do not say, Those who say do not know." – Lao Tzu

SUGGESTION: If you're like me, you're wondering what they know and why they aren't saying. Write your own gossip column about someone you know or a celebrity – just be sure to air all their dirty laundry.

REPLY:

---

BLASPHEMY (BLAS fuh mee) *n* irreverence; an insult to something held sacred; profanity

DAY 257

QUOTE: "The longest journey is from your head to your heart." – Gary Zukav

SUGGESTION: Write about a thought in your head that hasn't yet reached your heart. What will it take to complete the journey?

REPLY:

---

BLASPHEMY (BLAS fuh mee) *n* irreverence; an insult to something held sacred; profanity



DAY 258

QUOTE: "He has achieved success, who has lived well, laughed often, and loved much." – Bessie A. Stanley

SUGGESTION: Write about your greatest day, funniest memory, and fondest love.

REPLY:

---

BLASPHEMY (BLAS fuh mee) *n* irreverence; an insult to something held sacred; profanity

DAY 259

QUOTE: "The only place where success comes before work is in the dictionary."  
– Vidal Sassoon

SUGGESTION: Open a dictionary, close your eyes, and randomly point to a word. Repeat the process three times. Now write a paragraph using all three of those words in a meaningful way.

REPLY:

---

BLASPHEMY (BLAS fuh mee) *n* irreverence; an insult to something held sacred; profanity

DAY 260

QUOTE: "Destiny is not a matter of chance, it is a matter of choice; it is a thing to be achieved." – William Jennings Bryan

SUGGESTION: Choose a noun, an adjective, and a verb to describe your destiny. Now, put them all into one sentence.

REPLY:

---

BLASPHEMY (BLAS fuh mee) *n* irreverence; an insult to something held sacred; profanity

DAY 261

QUOTE: "Success is relative. It is what we can make of the mess we have made of things." – T.S. Elliot

SUGGESTION: Write about a perceived mess in your life and find the blessing.

REPLY:

---

BLASPHEMY (BLAS fuh mee) *n* irreverence; an insult to something held sacred; profanity

## **WEEK 38 - SACRILEGE**

DAY 262

QUOTE: "The artist is a receptacle for emotions that come from all over the place; from the sky, from the earth, from a scrap of paper, from a passing shape." – Pablo Picasso

SUGGESTION: Go some place and really look around and find something in nature that inspires you, then write about it.

REPLY:

---

SACRILEGE (SAK ruh lij) *n* a violation of something sacred; blasphemy

DAY 263

QUOTE: "True life is lived when tiny changes occur." – Leo Tolstoy

SUGGESTION: Write about a time when you change the way you look, on purpose or by accident, and describe how your life changed as a result.

REPLY:

---

SACRILEGE (SAK ruh lij) *n* a violation of something sacred; blasphemy

DAY 264

QUOTE: "Winners never quit and quitters never win. – Vince Lombardi

SUGGESTION: Write about a time where you felt like quitting but didn't. What did it feel like to overcome adversity?

REPLY:

---

SACRILEGE (SAK ruh lij) *n* a violation of something sacred; blasphemy

DAY 265

QUOTE: "Life has this in common with prize fighting: If you've received a belly blow, it's likely to be followed by a right to the jaw." – Amanda Cross

SUGGESTION: Write about a physical fight you witnessed – hand to hand combat, a food fight, a pillow fight – you decide.

REPLY:

---

SACRILEGE (SAK ruh lij) *n* a violation of something sacred; blasphemy



DAY 266

QUOTE: "I can't stand a naked light bulb, any more than I can a rude remark or vulgar action." – Tennessee Williams

SUGGESTION: What are three things you can't stand? Write a short story that incorporates all of them.

REPLY:

---

SACRILEGE (SAK ruh lij) *n* a violation of something sacred; blasphemy

DAY 267

QUOTE: "The time is always right to do the right thing." – Martin Luther King Jr.

SUGGESTION: Don't think about it. Just write for the next ten minutes, allowing your unconscious to serve your conscious mind.

REPLY:

---

SACRILEGE (SAK ruh lij) *n* a violation of something sacred; blasphemy

DAY 268

QUOTE: "In a time of drastic change it is the learners who inherit the future. The learned usually find themselves equipped to live in a world that no longer exists."  
– Eric Hoffer

SUGGESTION: Imagine you have inherited the future and are being transported there, perhaps kicking and screaming, to claim what is yours. What will you take with you in your personal time capsule, and why?

REPLY:

---

SACRILEGE (SAK ruh lij) *n* a violation of something sacred; blasphemy

## **WEEK 39 - DESPOT**

DAY 269

QUOTE: "There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost. – Martha Graham

SUGGESTION: Write about your unique life force. What do you think would be the best medium through which to express it?

REPLY:

---

DESPOT (DES puht) n an absolute ruler; an autocrat

DAY 270

QUOTE: "There is only one success – to be able to spend your life in your own way." – Christopher Morley

SUGGESTION: Describe a time when you spent your life in your own way so much so that you exceeded your credit limit but had a life-changing or positive experience.

REPLY:

---

DESPOT (DES puht) n an absolute ruler; an autocrat

DAY 271

QUOTE: "Imagination is the one weapon in the war against reality."  
– Jules De Gaultier

SUGGESTION: Write about one of your dreams or nightmares, as if you were writing the synopsis for a movie.

REPLY:

---

DESPOT (DES puht) n an absolute ruler; an autocrat

DAY 272

QUOTE: "Every man sees in his relatives a series of grotesque caricatures of himself." – H.L. Mencken

SUGGESTION: Write about your relatives, as if you are writing a newspaper headline story about them being infected by some alien virus that turns people into monsters.

REPLY:

---

DESPOT (DES puht) n an absolute ruler; an autocrat

DAY 273

QUOTE: "Always be smarter than the people who hire you." – Lena Horne

SUGGESTION: Just don't let them know it or you'll get fired. Write a story about getting fired in a dramatic way.

REPLY:

---

DESPOT (DES puht) n an absolute ruler; an autocrat



DAY 274

QUOTE: "At the age fifty, every man has the face he deserves."  
– George Orwell

SUGGESTION: Describe your face. How do you think it reflects your life up to now?

REPLY:

---

DESPOT (DES puht) n an absolute ruler; an autocrat

DAY 275

QUOTE: "Style is in the end what goes on in a person's head and heart."  
– Giorgio Armani

SUGGESTION: How would you describe your personal style?

REPLY:

---

DESPOT (DES puht) n an absolute ruler; an autocrat

## **WEEK 40 - WANTON**

DAY 276

QUOTE: "The work of art acts like another living person with whom we are conversing." – Anton Ehrenzweig

SUGGESTION: Write a monologue, using the voice of art. What does it feel like being created? Being stared at, and judged?

REPLY:

---

WANTON (WAHN tun) *adj* malicious; unjustifiable; unprovoked

DAY 277

QUOTE: "There will be sex after death; we just won't be able to feel it."  
– Lily Tomlin

SUGGESTION: Write about your first sexual experience. Now compare it to your most recent.

REPLY:

---

WANTON (WAHN tun) *adj* malicious; unjustifiable; unprovoked

DAY 278

QUOTE: "A bad review is like baking a cake with all the best ingredients and having someone sit on it." – Danielle Steele

SUGGESTION: Write a bad review of a book you read recently.

REPLY:

---

WANTON (WAHN tun) *adj* malicious; unjustifiable; unprovoked

DAY 279

QUOTE: "Art is about making something out of nothing and selling it."  
– Frank Zappa

SUGGESTION: Make a stick-figure drawing. Now, write a glowing description of it, as if for an art catalogue. Try to sell it for a million dollars!

REPLY:

---

WANTON (WAHN tun) *adj* malicious; unjustifiable; unprovoked

DAY 280

QUOTE: "No matter how cynical you get, it is impossible to keep up."  
– Lily Tomlin

SUGGESTION: Use your literary skills to make the beautiful ugly. A Swedish Super-model is your subject.

REPLY:

---

WANTON (WAHN tun) *adj* malicious; unjustifiable; unprovoked

DAY 281

QUOTE: "An intellectual is a person whose mind watches itself."

– Albert Camus

SUGGESTION: Go to your favorite people-watching spot and write about somebody you observe who seems overly concerned with how they look. Why do you think they are so concerned?

REPLY:

---

WANTON (WAHN tun) *adj* malicious; unjustifiable; unprovoked



DAY 282

QUOTE: "Death is just a distant rumor to the young." – Andy Rooney

SUGGESTION: Write a story about a young woman who is about to give birth to her first child. Tell it from the perspective of her aging mother.

REPLY:

---

WANTON (WAHN tun) *adj* malicious; unjustifiable; unprovoked

## **WEEK 41 - IMPETUOUS**

DAY 283

QUOTE: "The royal road to a person's heart is to talk about the things he or she treasures most." – Franklin Roosevelt

SUGGESTION: Write about yourself as if you were the King of the Road (or the Queen) being carried on your palanquin by those who admire your writing. Be haughty!

REPLY:

---

IMPETUOUS (im PECH oo wus) *adj* impulsive; extremely impatient

DAY 284

QUOTE: "The soul is awakened by service." – Erica Jong

SUGGESTION: Describe your last act of service to someone else. How did it make you feel?

REPLY:

---

IMPETUOUS (im PECH oo wus) *adj* impulsive; extremely impatient

DAY 285

QUOTE: "Deep listening from the heart is one half of true communication. Speaking from the heart is the other half." – Sara Paddison

SUGGESTION: Write about a woman whose words belie her actions.

REPLY:

---

IMPETUOUS (im PECH oo wus) *adj* impulsive; extremely impatient

DAY 286

QUOTE: "It has been said that man is a rational animal. All my life I have been searching for evidence which could support this." – Bertrand Russell

SUGGESTION: Write a few words about the most irrational man or woman in your life.

REPLY:

---

IMPETUOUS (im PECH oo wus) *adj* impulsive; extremely impatient

DAY 287

QUOTE: "Computers are useless. They can only give you answers."  
– Pablo Picasso

SUGGESTION: Write a crazy short story about Picasso at his computer. Is he into art, research, games, chat, email, or Ebay?

REPLY:

---

IMPETUOUS (im PECH oo wus) *adj* impulsive; extremely impatient

DAY 288

QUOTE: "Have in your mind that which would constitute a miracle for you. Get the vision. Suspend disbelief and skepticism. Allow yourself to take the journey toward real magic." – Unknown

SUGGESTION: Write about a miracle you either witnessed or heard about.

REPLY:

---

IMPETUOUS (im PECH oo wus) *adj* impulsive; extremely impatient

DAY 289

QUOTE: "In a fight between you and the world, bet on the world."  
– Franz Kafka

SUGGESTION: Write a story about someone who finds a winning fifty million dollar lotto ticket on the street. Focus on the difficult journey to cash it in.

REPLY:

---

IMPETUOUS (im PECH oo wus) *adj* impulsive; extremely impatient



## **WEEK 42 - TURPITUDE**

DAY 290

QUOTE: "Glory is fleeting, but obscurity is forever." – Napoleon Bonaparte

SUGGESTION: Write a children's story about a chipmunk who is loved by everyone, and his friend the mouse, who lives in obscurity.

REPLY:

---

TURPITUDE (TUR puh tood) *n* shameful wickedness; depravity

DAY 291

QUOTE: "The nail that sticks up gets hammered down." – Japanese proverb

SUGGESTION: Write about getting up in the middle of the night when your house is being remodeled, and trying to make your way through darkness without stepping on a nail.

REPLY:

---

TURPITUDE (TUR puh tood) *n* shameful wickedness; depravity

DAY 292

QUOTE: "First say to yourself what you would be; and then do what you have to do." – Epictetus, Greek philosopher

SUGGESTION: Write a one page article about all the nasty, tedious things we could avoid doing if we lived on a tropical Greek island.

REPLY:

---

TURPITUDE (TUR puh tood) *n* shameful wickedness; depravity

DAY 293

QUOTE: "Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome."

– Booker T. Washington

SUGGESTION: Write your acceptance speech for the honorary degree you've been awarded for overcoming some of your toughest obstacles.

REPLY:

---

TURPITUDE (TUR puh tood) *n* shameful wickedness; depravity

DAY 294

QUOTE: "Make the most of yourself, for that is all there is of you."  
– Ralph Waldo Emerson

SUGGESTION: Write a page about what life would be like if there were two of you.

REPLY:

---

TURPITUDE (TUR puh tood) *n* shameful wickedness; depravity

DAY 295

QUOTE: "We love because it's the only true adventure." – Nikki Giovanni

SUGGESTION: Write about the adventure of sexual chemistry, when your body says, "What's love got to do with it?"

REPLY:

---

TURPITUDE (TUR puh tood) *n* shameful wickedness; depravity

DAY 296

QUOTE: "Only the person who is relaxed can create, and to that mind ideas flow like lightning." – Cierco

SUGGESTION: Sit down and write, write, write, fast as lightning, just let the ideas flow out without thinking about them. See what you end up with.

REPLY:

TURPITUDE (TUR puh tood) *n* shameful wickedness; depravity

Blood, sweat and tears:

Once upon a time, a writer said, that to be a writer means that for you, writing is difficult, whereas for everyone else in the world, it's no big deal. But life is sometimes hard, so it is expected that our writing will be, too, because we write from the heart. We don't necessarily have the answers, but writing is a kind of answer in and of itself. Write something... anything. We are developing a relationship with the craft of writing, and if we lay the proper groundwork, it will become our companionate friend for life.



## **WEEK 43 - VEX**

DAY 297

QUOTE: "Hold yourself responsible for a higher standard than anybody else expects of you." – Henry Ward Beecher

SUGGESTION: Write about your mischievous inner child and how he/she sometimes tricks you into acting his/her age.

REPLY:

---

VEX (veks) v to annoy; to pester; to confuse

317

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DAY 298

QUOTE: They intoxicate themselves with work so they won't see how they really are. – Aldous Huxley

SUGGESTION: Write a page about happy hour, from the point of view of the sober bartender for whom it is just another day at the office.

REPLY:

---

VEX (veks) v to annoy; to pester; to confuse

DAY 299

QUOTE: "The human body is the best picture of the human soul."

– Ludwig Wittgenstein

SUGGESTION: Write a story about a chemist who is so addicted to chocolate, that he uses alchemy to create chocolate instead of gold.

REPLY:

---

VEX (veks) v to annoy; to pester; to confuse

DAY 300

QUOTE: "Work joyfully and peacefully, knowing that right thoughts and right efforts will inevitably bring about right results. – James Allen

SUGGESTION: Write about a day when everything seemed to go wrong, but in the end it all turned out alright.

REPLY:

---

VEX (veks) v to annoy; to pester; to confuse

DAY 301

QUOTE: "The main reason people struggle financially is because they have spent years in school but learned nothing about money. The result is that people learn to work for money ... but never learn to have money work for them."

– Robert Kiyosaki

SUGGESTION: Write a half dozen things you learned for free that are worth their weight in gold to you.

REPLY:

---

VEX (veks) v to annoy; to pester; to confuse

DAY 302

QUOTE: "Too much of a good thing is wonderful." – Mae West

SUGGESTION: Write a story about what it would be like to be Mae West's best friend, indulging in her life vicariously.

REPLY:

---

VEX (veks) v to annoy; to pester; to confuse

DAY 303

QUOTE: "Analyze your life in terms of its environment. Are the things around you helping you toward success – or are they holding you back?"

– W. Clement Stone

SUGGESTION: Look around your workspace. Describe everything that you can't do without, and then everything you need to get rid of because it holds you back.

REPLY:

---

VEX (veks) v to annoy; to pester; to confuse

## **WEEK 44 - BASTION**

DAY 304

QUOTE: "Even I don't wake up looking like Cindy Crawford." – Cindy Crawford

SUGGESTION: Write a story about waking up and going to the mirror and looking exactly like Cindy Crawford. How would your life change?

REPLY:

---

BASTION (BAS chun) *n* stronghold; fortress; fortified place



DAY 305

QUOTE: "A life is not important except in the impact it has on others' lives."  
– Jackie Robinson

SUGGESTION: Write a story about having a minor fender-bender, and discovering that the car you hit is being driven by Elvis Presley.

REPLY:

---

BASTION (BAS chun) *n* stronghold; fortress; fortified place

DAY 306

QUOTE: "The first step toward success is taken when you refuse to be a captive of the environment in which you first find yourself." – Mark Caine

SUGGESTION: Write a story about Houdini, from his point of view, while he's in the middle of one of his miraculous escapes from locks, chains and an underwater prison.

REPLY:

---

BASTION (BAS chun) *n* stronghold; fortress; fortified place

DAY 307

QUOTE: "I always had this secret feeling I was really a fake, a phony."  
– Marilyn Monroe

SUGGESTION: Write a monologue about Marilyn Monroe confessing to her husband Joe Dimaggio her feelings of inadequacy and falseness.

REPLY:

---

BASTION (BAS chun) *n* stronghold; fortress; fortified place

DAY 308

QUOTE: "We were born to make manifest the glory of God that is within us. It's not just in some of us, it's in everyone." – Nelson Mandela

SUGGESTION: What aspect of your inner self do you feel you want to make manifest, and why?

REPLY:

---

BASTION (BAS chun) *n* stronghold; fortress; fortified place

DAY 309

QUOTE: "I try more and more to be myself, caring relatively little whether people approve or disapprove." – Vincent Van Gogh

SUGGESTION: Continue Van Gogh's thoughts, in your own words.

REPLY

---

BASTION (BAS chun) *n* stronghold; fortress; fortified place

DAY 310

QUOTE: "One can stand still in a flowing stream, but not in the world of men."  
– Japanese proverb

SUGGESTION: Write about some of the men in your world who inspire you, and compare them with some who don't.

REPLY:

---

BASTION (BAS chun) *n* stronghold; fortress; fortified place

## **WEEK 45 - FERVOR**

DAY 311

QUOTE: "Humility must accompany all our actions, must be with us everywhere; for as soon as we glory in our good works they are of no further value to our advancement in virtue." – St. Augustine

SUGGESTION: What in the world is "glory" anyhow? Write a paragraph about what glory means to you.

REPLY:

---

FERVOR (FUR vur) *n* great warmth or earnestness; ardor; zeal

DAY 312

QUOTE: "That which you see and hear, you cannot help; but that which you say depends on you alone." – Zohar

SUGGESTION: Write a paragraph about your worse blooper – when words flew out of your mouth before you realized it.

REPLY:

---

FERVOR (FUR vur) *n* great warmth or earnestness; ardor; zeal



DAY 313

QUOTE: "Anyone who doesn't believe in miracles is not a realist."

– David Ben-Gurion

SUGGESTION: Write about a miracle you've experienced, or one you'd like to see happen.

REPLY:

---

FERVOR (FUR vur) *n* great warmth or earnestness; ardor; zeal

DAY 314

QUOTE: "Success is liking yourself, liking what you do, and liking how you do it."  
– Maya Angelou

SUGGESTION: Examine the reasons why poetry and economic necessity are sometimes at odds with each other. See, you can use lack of money for inspiration, and that's invaluable!

REPLY:

---

FERVOR (FUR vur) *n* great warmth or earnestness; ardor; zeal

DAY 315

QUOTE: "We can't take any credit for our talents. It's how we use them that counts." – Madeleine L'Engle

SUGGESTION: What's the one talent you really wish you had? Describe your feelings as you exercise that talent.

REPLY:

---

FERVOR (FUR vur) *n* great warmth or earnestness; ardor; zeal

DAY 316

QUOTE: "Live your beliefs and you can turn the world around."  
– Henry David Thoreau

SUGGESTION: What do you believe in? If you could change one thing on this planet before you pass on, what would you pour your heart and soul into?

REPLY:

---

FERVOR (FUR vur) *n* great warmth or earnestness; ardor; zeal

DAY 317

QUOTE: "I cannot give you the formula for success, but I can give you the formula for failure, which is: Try to please everybody. – Herbert Bayard Swope

SUGGESTION: Write a little about how you attempt to please those around you. How might your life be different if you didn't do that?

REPLY:

---

FERVOR (FUR vur) *n* great warmth or earnestness; ardor; zeal

## **WEEK 46 - QUIXOTIC**

DAY 318

QUOTE: "God does not require us to succeed; he only requires that we try."  
– Mother Teresa

SUGGESTION: Write a little about procrastination and laziness and how it affects you as a writer. Hurry, before you find the TV remote!

REPLY:

---

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

DAY 319

QUOTE: "The girl who can't dance says the band can't play." – Yiddish Proverb

SUGGESTION: Write a short story about a young boy and girl who meet at a dance class. Let one be a good dancer, and the other inept.

REPLY:

---

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

DAY 320

QUOTE: "If you want a golden rule that will fit everything, this is it: Have nothing in your houses that you do not know to be useful or believe it to be beautiful."

– William Morris

SUGGESTION: Write a classified ad, seeking your ideal housemate.

REPLY:

---

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree



DAY 321

QUOTE: "Words form the thread on which we string our experiences."  
– Aldous Huxley

SUGGESTION: String together some words about a truly exasperating experience you've had recently.

REPLY:

---

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

DAY 322

QUOTE: "The difference between pornography and erotica is lighting."  
– Gloria Leonard

SUGGESTION: Write some erotica, and use delicious lighting. Share if you dare.

REPLY:

---

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

DAY 323

QUOTE: "It is quite possible, Octavian, that when you die, you will die without ever having been alive." – Mark Anthony

SUGGESTION: Write a piece about coming to earth as a muse, in order to assist someone in appreciating her life and helping her live more fully.

REPLY:

---

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

DAY 324

QUOTE: "A book must be an ice ax to break the frozen sea within us."

– Franz Kafka

SUGGESTION: Name a book that influenced you profoundly, and describe how it cracked the ice within you.

REPLY:

---

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

## **WEEK 47 - SARDONIC**

DAY 325

QUOTE: "I do not want people to be agreeable, as it saves me the trouble of liking them." – Jane Austen

SUGGESTION: Write about someone you like, but have never told. What would you tell them if you could?

REPLY:

---

SARDONIC (sahr DAHN ik) *adj* mocking; scornful

DAY 326

QUOTE: "Always be a first-rate version of yourself, instead of a second-rate version of somebody else." – Judy Garland

SUGGESTION: Write a first-rate character sketch of the persona you'd adopt if you had to suddenly go into hiding and pretend to be someone else.

REPLY:

---

SARDONIC (sahr DAHN ik) *adj* mocking; scornful

DAY 327

QUOTE: "It is not the answer that enlightens, but the question."  
– Eugene Ionesco

SUGGESTION: Write a limerick about enlightenment: "There once was a ..."

REPLY:

---

SARDONIC (sahr DAHN ik) *adj* mocking; scornful

DAY 328

QUOTE: "I always read the last page of a book first so that in case I die before I finish I'll know how it turned out." – Nora Ephron

SUGGESTION: Write the first and the last paragraphs to a novel.

REPLY:

---

SARDONIC (sahr DAHN ik) *adj* mocking; scornful



DAY 329

QUOTE: "When you're in solitary confinement and you're six feet under without light, sound, or running water, there is no place to go but inside. And when you go inside, you discover that everything that exists in the Universe is also within you." – Rubin Carter

SUGGESTION: Carter was a boxer by trade, and a championship contender. Write a page about what a boxer thinks about, preparatory to entering the ring (write in the first person).

REPLY:

---

SARDONIC (sahr DAHN ik) *adj* mocking; scornful

DAY 330

QUOTE: "Make your life a masterpiece: Step beyond the demands of the moment and begin right now to design and live the life you deserve."

– Anthony Robbins

SUGGESTION: Write a quick story about the theft of a fine art masterpiece. Will your main character get away with it?

REPLY:

---

SARDONIC (sahr DAHN ik) *adj* mocking; scornful

DAY 331

QUOTE: "I have never liked working. To me a job is an invasion of privacy."  
– Danny Goorty

SUGGESTION: Most of us enjoy interesting work, but we don't necessarily enjoy our jobs. Write a couple of paragraphs about the difference between working a job and turning your passion into a money-making, life supporting business. How would your life change?

REPLY:

---

SARDONIC (sahr DAHN ik) *adj* mocking; scornful

## **WEEK 48 - OBDURATE**

DAY 332

QUOTE: "Show me a hero and I will write you a tragedy." – F. Scott Fitzgerald

SUGGESTION: Write an outline of a comic book story based on your own super-hero (he/she doesn't have to have super-powers).

REPLY:

---

OBDURATE (AHB dyoo rit) *adj* stubborn and insensitive

DAY 333

QUOTE: "I think the world is run by C students." – Al McGuire

SUGGESTION: Write a presidential campaign speech about academic achievement. Make sure it's a winner.

REPLY:

---

OBDURATE (AHB dyoo rit) *adj* stubborn and insensitive

DAY 334

QUOTE: "There are more dead people than living, and their numbers are increasing." – Eugene Ionesco

SUGGESTION: Write a newspaper article about a new technology that brings the dead back to life. Include your thoughts about how this technology might improve or harm the world.

REPLY:

---

OBDURATE (AHB dyoo rit) *adj* stubborn and insensitive

DAY 335

QUOTE: "The future enters us, in order to transform itself in us, long before it happens." – Rainer Maria Rilke

SUGGESTION: Write about what future you want to enter you to transform itself in you.

REPLY:

---

OBDURATE (AHB dyoo rit) *adj* stubborn and insensitive

DAY 336

QUOTE: "What you get by reaching your destination is not nearly as important as what you will become by reaching your destination." – Zig Zigler

SUGGESTION: You're being interviewed five years after having won the Nobel Prize for literature. Tell us about the biggest thing you had to give up to achieve that goal. Make us cry.

REPLY:

---

OBDURATE (AHB dyoo rit) *adj* stubborn and insensitive



DAY 337

QUOTE: "Friends come and go, but enemies accumulate." – Thomas Jones

SUGGESTION: Write about the challenges of keeping friendships intact.

REPLY:

---

OBDURATE (AHB dyoo rit) *adj* stubborn and insensitive

DAY 338

QUOTE: "There's a great woman behind every idiot." – John Lennon

SUGGESTION: Write a short essay about women emerging empowered, and how their leadership is impacting the world.

REPLY:

---

OBDURATE (AHB dyoo rit) *adj* stubborn and insensitive

Prioritize. Many people are just too busy to make their dreams come true. Keep showing up to write, and your dream of becoming a writer will happen automatically.

Carry a notebook and pen with you, so you can show up to write in the most unexpected places, or when your other business is stressing you out and you need to write in order to stay sane. Jot down snippets of conversations. Take notes that describe your feelings, your surroundings, your insights.

Every line you write is a seed, and every book that was ever written began as a one-line seed. Plant something every chance you get. Over time, you will raise a garden of words to share.

**W**

**EEK 49 - ABRIDGE**

DAY 339

QUOTE: "God breaks the heart again and again and again until it stays open."  
– Hazrat Inayat

SUGGESTION: Write about your experiences with being heart-broken, and then opening your heart to love again.

REPLY:

---

ABRIDGE (uh BRIJ) v to shorten; to condense  
DAY 340

QUOTE: "A painter can hang his pictures, but a writer can only hang himself."  
– Edward Dahlberg

SUGGESTION: Write a rebuttal to this quote, and then choose an object and paint it, with words.

REPLY:

---

ABRIDGE (uh BRIJ) v to shorten; to condense  
DAY 341

QUOTE: "The greatest sweetner of human life is Friendship." – Joseph Addison

SUGGESTION: Write about your best friend. How you met and what you love most about him/her.

REPLY:

---

ABRIDGE (uh BRIJ) v to shorten; to condense  
DAY 342

QUOTE: "A blank page is God's way of showing you how hard it is to be God."  
– Unknown

SUGGESTION: Go through some of the things in your trash: junk mail, first drafts, etc., and use scissors and glue to create poetry out of them on a blank page.

REPLY:

---

ABRIDGE (uh BRIJ) v to shorten; to condense  
DAY 343

QUOTE: "How does one become a butterfly? You must want to fly so much that you are willing to give up being a caterpillar." – Trina Paulus

SUGGESTION: Write a page about the day you, a caterpillar, woke up to find yourself a butterfly.

REPLY:

---

ABRIDGE (uh BRIJ) v to shorten; to condense



DAY 344

QUOTE: "I'm astounded by people who want to know the universe when it's hard enough to find your way around Chinatown." – Woody Allen

SUGGESTION: Write about a time you got completely lost while visiting a city for the first time.

REPLY:

---

ABRIDGE (uh BRIJ) *v* to shorten; to condense

DAY 345

QUOTE: "It's better to be quotable than to be honest." – Tom Stoppard

SUGGESTION: Or as someone else said, "Don't let truth stand between you and a good story." Write a few paragraphs of a true story that's not particularly memorable, but tweak the facts to make the results more quotable.

REPLY:

---

ABRIDGE (uh BRIJ) v to shorten; to condense

## **WEEK 50 - CHOLERIC**

DAY 346

QUOTE: "Nice guys can't write." – Knox Burger

SUGGESTION: Write about rejection letters, and why you fear them. Then write a scathing rejection letter to a fictitious literary editor, critic, or agent, and give them a piece of your mind.

REPLY:

---

CHOLERIC (KAHL ur ik) *adj* hot-tempered; quick to anger

DAY 347

QUOTE: "The nice thing about being a celebrity is that when you bore people, they think it's their fault. – Henry Kissinger

SUGGESTION: Write a sex advice column by Kissinger, or a political one by Dr. Ruth, just for grins.

REPLY:

---

CHOLERIC (KAHL ur ik) *adj* hot-tempered; quick to anger

DAY 348

QUOTE: "Inside you there's an artist you don't know about ... Say yes quickly, if you know, if you've known it from before the beginning of the universe." – Rumi

SUGGESTION: Write about your mysterious internal artist that has been hiding out. Who is she/he? What is her/his name? What is she/he trying to say?

REPLY:

---

CHOLERIC (KAHL ur ik) *adj* hot-tempered; quick to anger

DAY 349

QUOTE: "If you care enough for a result, you will certainly attain it."  
– William James

SUGGESTION: Write a letter to someone you would want as a mentor to help you reach your goals. Don't worry, you don't have to mail it. (But you can if you like!)

REPLY:

---

CHOLERIC (KAHL ur ik) *adj* hot-tempered; quick to anger

DAY 350

QUOTE: "Humankind cannot bear very much reality." – T.S. Elliot

SUGGESTION: Have you ever had a reality-altering experience, in your waking or dream life? Describe it.

REPLY:

---

CHOLERIC (KAHL ur ik) *adj* hot-tempered; quick to anger

DAY 351

QUOTE: "When the power of love becomes more important than the love of power ... then there will be peace." – Jimmy Hendrix

SUGGESTION: Write a page about how love and power motivate our actions and affect our peace of mind.

REPLY:

---

CHOLERIC (KAHL ur ik) *adj* hot-tempered; quick to anger



DAY 352

QUOTE: "It is only at the moment of humans' realistic admission to selves of having made a mistake that they are the closest to that mysterious integrity governing the universe." – Buckminster Fuller

SUGGESTION: Write a page about your own mistakes, and how those mistakes affected your integrity.

REPLY:

---

CHOLERIC (KAHL ur ik) *adj* hot-tempered; quick to anger

## **WEEK 51 - FACETIOUS**

DAY 353

QUOTE: "Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life." – Dr. David M. Burns

QUESTION: Write a page about a time you got really lost while driving because you didn't want to ask for help.

REPLY:

---

FACETIOUS (fuh SEE shus) *adj* humorous; not serious

DAY 354

QUOTE: "A writer is dear and necessary for us, only in the measure of which they reveal to us the inner workings of their very soul." – Leo Tolstoy

SUGGESTION: Write about one of your dark little secrets. How does putting the secret into words on paper make you feel?

REPLY:

---

FACETIOUS (fuh SEE shus) *adj* humorous; not serious

DAY 355

QUOTE: "A kiss is a lovely trick, designed by nature, to stop words when speech becomes superfluous." – Ingrid Bergmen

SUGGESTION: Write about a time you kissed someone to avoid hearing them become superfluous.

REPLY:

---

FACETIOUS (fuh SEE shus) *adj* humorous; not serious

DAY 356

QUOTE: "Rewriting. It separates the men from the boys. The first draft is love. The second is sex. The third is fun. The rest are all pulling teeth. Getting that seventh draft done is like dropping your beautiful vase on the floor and trying to glue all the million little pieces together to make it look good again."

– Matthew Sand

SUGGESTION: Choose a page you wrote earlier this year, and revise it at least once. Does editing your work make it better?

REPLY:

---

FACETIOUS (fuh SEE shus) *adj* humorous; not serious

DAY 357

QUOTE: "God makes stars. It's up to producers to find them."  
– Samuel Goldwyn

SUGGESTION: Congratulations you just won the Oscar for best original screenplay! Write an acceptance speech for winning your first writing award.

REPLY:

---

FACETIOUS (fuh SEE shus) *adj* humorous; not serious

DAY 358

QUOTE: "It's the chemistry of words and the energy of action that help form reality." – Howard Wills

SUGGESTION: Pick one emotion. Write a paragraph about it using all five of your senses – taste, touch, sight, smell, sound. Try not to name the emotion in the description; let your writing define it for the reader.

REPLY:

---

FACETIOUS (fuh SEE shus) *adj* humorous; not serious

DAY 359

QUOTE: "I believe in anything that makes me wonder." – Federico Fellini

SUGGESTION: What do you believe in? Attack one of your most cherished beliefs with the strongest arguments you can muster, and then defend them equally vehemently, in a short essay.

REPLY:

---

FACETIOUS (fuh SEE shus) *adj* humorous; not serious



## **WEEK 52 - ZEALOUS**

DAY 360

QUOTE: "A setback is the opportunity to begin again more intelligently."  
– Henry Ford

SUGGESTION: Write about a recent setback, and how you can turn it into a blessing in disguise.

REPLY:

---

ZEALOUS (ZEL us) *adj* enthusiastically devoted to something; fervent

DAY 361

QUOTE: "A bird does not sing because it has an answer. It sings because it has a song." – Chinese proverb

SUGGESTION: Write about anything you want to write about today, not because you *have* to say something, but because you have *something to say*. Speak your mind, through your passion.

REPLY:

---

ZEALOUS (ZEL us) *adj* enthusiastically devoted to something; fervent

DAY 362

QUOTE: "A good book is the life blood of a master spirit." – John Milton

SUGGESTION: Study this quotation, and imitate it in length, tone, language, craft, and gravity, to write your own quotation regarding what is a *bad book*. Then step back and congratulate yourself for not being an imitator, because it's so much easier to be original.

REPLY:

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ZEALOUS (ZEL us) *adj* enthusiastically devoted to something; fervent

DAY 363

QUOTE: "We make a living by what we get, but we make a life by what we give." – Winston Churchill

SUGGESTION: Explain why you would enjoy making a living as a writer. Then describe what you would give to your readers through your words, and what you might gain in return.

REPLY:

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ZEALOUS (ZEL us) *adj* enthusiastically devoted to something; fervent

DAY 364

QUOTE: "I used to be Snow White. But then I drifted." – Mae West

SUGGESTION: Your uptight, conservative, restrained, timid, non-sexual side walks into a bar. Write about the person he/she encounters, and who seduces him/her with such chemistry and sexual passion that the two end up half naked and laughing in the bar's bathroom after only one drink.

REPLY:

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ZEALOUS (ZEL us) *adj* enthusiastically devoted to something; fervent

DAY 365

QUOTE: "A professional writer is an amateur who didn't quit." – Richard Bach

SUGGESTION: You didn't quit. You did it. Almost. First, write about what it means to you to have completed this journal.

REPLY:

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ZEALOUS (ZEL us) *adj* enthusiastically devoted to something; fervent

Congratulations on finishing this journal! Now, set a goal for yourself, to write a page per day of the book you'd like to write, and within six months you will have a 200-page manuscript. Celebrate it, a week at a time. Write down your goals, and then write down what you need to accomplish them. Keep them realistic, and throw out those that you think are too far-fetched. Unrealistic goals are just a form of procrastination in disguise. A paragraph a day – done – is worth more than an unwritten encyclopedia.

## GLOSSARY

A suggested selection of words to add to your writing exercises. Use them or don't, it's up to you.

ABRIDGE (uh BRIJ) *v* to shorten; to condense

ABSTRUSE (ab STROOS) *adj.* hard to understand, puzzling, mysterious

AFFINITY (uh FIN uh tee) *n* sympathy; attraction; kinship; similarity

BANAL (buh NAL) *adj* unoriginal; ordinary

BASTION (BAS chun) *n* stronghold; fortress; fortified place

BLASPHEMY (BLAS fuh mee) *n* irreverence; an insult to something held sacred; profanity

BURLESQUE (bur LESK) *n* a ludicrous, mocking, or exaggerated imitation

CACOPHONY (kuh KAHF uh nee) *n* harsh-sounding mixture of words, voices, or sounds

CAPITULATE (kuh PICH uh layt) *v* to surrender; to give up or give in

CHOLERIC (KAHL ur ik) *adj* hot-tempered; quick to anger

CIRCUMLOCUTION (sur kum loh KYOO shun) *n* an indirect expression; use of wordy or evasive language

COMPLICITY (kum PLIS uh tee) *n* participation in wrongdoing; the act of being an accomplice

DEMAGOGUE (DEM uh gawg) *n* a leader of the people, but more a rabble rouser

DESPOT (DES puht) *n* an absolute ruler; an autocrat

DILETTANTE (DIL uh tahnt) *n* someone with superficial knowledge of the arts; an amateur; a dabbler

EBULLIENT (I BUL yunt) *adj* boiling; bubbling with excitement



FACETIOUS (fuh SEE shus) *adj* humorous; not serious

FECUND (FF kund) *adj* fertile; productive, prolific

FERVOR (FUR vur) *n* great warmth or earnestness; ardor; zeal

FLOUT (flowt) *v* to disregard something out of disrespect

GRANDILOQUENT (gran DIL uh kwunt) *adj* pompous; using a lot of big, fancy words in an attempt to sound impressive

IMPETUOUS (im PECH oo wus) *adj* impulsive; extremely impatient

JUDICIOUS (joo DISH us) *adj* exercising sound judgment

KINDRED (kin-dred) *adj* of a similar nature or character: of the same ancestry

LAUD (lawd) *v* to praise; to applaud; to extol; to celebrate

LOQUATIOUS (lah KWAY shus) *adj* talking a lot or too much

MALINGER (muh LING ger) *v* to pretend to be sick to avoid doing work

MELLIFLUOUS (muh LIF loo us) *adj* sweetly flowing

NEFARIOUS (ni FAR ee us) *adj* evil; flagrantly wicked

NIHILISM (NYE uh liz um) *n* the belief that there are no values or morals in the universe

OBDURATE (AHB dyoo rit) *adj* stubborn and insensitive

OBLIQUE (oh BLEEK) *adj* indirect; at an angle

OFFICIOUS *adj* annoyingly eager to help or advise

PARODY (PAR uh dee) *n* a satirical imitation, satire, lampoon

PROSAIC (proh ZAY ik) *adj* dull; unimaginative; like prose (as opposed to poetry)

QUERULOUS (KWER uh lus) *adj* complaining; grumbling; whining

QUIXOTIC (Kwik SAHT ik) *adj* romantic or idealistic to a foolish or impractical degree

RAPACIOUS (ruh PAY shus) *adj* greedy; plundering; avaricious

RHETORIC (RET ur ik) *n* in the art of formal speaking or writing; inflated discourse

RUMINATE (ROO muh nayt) *v* to contemplate; to mull over

SACRILEGE (SAK ruh lij) *n* a violation of something sacred; blasphemy

SANGUINE (SANG gwin) *adj* cheerful; optimistic; hopeful

SARDONIC (sahr DAHN ik) *adj* mocking; scornful

SOLICITOUS (suh LIS uh tus) *adj* eager and attentive, often to the point of hovering; anxiously caring or attentive

TENABLE (TEN uh bul) *adj* defensible, as in one's position in an argument; capable of being argued successfully; valid

TURPITUDE (TUR puh tood) *n* shameful wickedness; depravity

UBQUITOUS (yoo BIK whu tus) *adj* being everywhere at the same time

UTOPIA (yoo TOH pee uh) *n* an ideal society

VERACITY (vuh RAS uh tee) *n* truthfulness, reality

VEX (veks) *v* to annoy; to pester; to confuse

VICISSITUDE (vi SIS uh tood) *n* upheaval; natural change; change in fortune

VOLITION (voh LISH un) *n* will; conscious choice

WANTON (WAHN tun) *adj* malicious; unjustifiable; unprovoked

WISTFUL (WIST ful) *adj* yearning; sadly longing

ZEALOUS (ZEL us) *adj* enthusiastically devoted to something; fervent

## **NOTES**