

# Writing Circle Goal Setting

Date:

Completed	Tasks for the session	Priority (high-mod-low)
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Next steps:

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### Mental Refresh Exercises:

- Take a 2 minute lap around your space/building, outdoors if you can
- Take 10 deep breaths trying to quiet your mind; then take 10 deep breaths focusing on completing your writing tasks
- Do a brief yoga series, such as Sun Salutation, ending in Mountain pose and clearing your mind
- DON'T (if you can avoid it) break for e-mail, texting, or social media

Post-Writing Reflection (How did it go? How are you feeling about your progress? What will you do differently next time, if anything? When is your next writing session?)

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“Out of a human population on earth of four and a half billion, perhaps twenty people can write a book in a year. Some people lift cars, too. Some people enter week-long sled-dog races, go over Niagara Falls in a barrel, fly planes through the Arc de Triomphe. Some people feel no pain in childbirth. Some people eat cars. There is no call to take human extremes as norms.”

— Annie Dillard, *The Writing Life*