

Be Real Class 05: Exploring Fuzzy Notions

For the next week or several days:

- Carry a pencil and bit of paper or pad OR a small recording device with you. Make it a point to jot down notes whenever you have a thought--something that pricks at your feelings but that you don't totally understand--that you'd like to pursue. (If you like doing this, you can continue it indefinitely).
- Every night, put the thoughts on individual slips of paper and put them in a jar or bowl.
- Pay attention to your days and figure out when would be a good time to work in a daily 10 minutes of writing.

After several days, set aside 10 minutes per day to free-write from these slips:

- Use a journal that you can keep all of these writings in.
- Draw out a slip of paper.
- Copy what you wrote on the slip of paper at the top of your page and then for ten minutes:
 - ◇ don't stop writing;
 - ◇ don't censor yourself;
 - ◇ don't plan;
 - ◇ don't worry about grammar or punctuation.
- Use these writings to spur scrapbook or art journal pages. How you do this will depend upon you. You might find you want to scrap or journal a subject immediately. You might find you want to leave your writings unread for several days or longer. However you use these writings, know that if you do them, you'll have an unending source of satisfying personal subjects to scrapbook.