**TWR - episode 115**

This episode is brought to you by what's next my new group coaching program designed to help you find some clarity around your next steps in work and life times of transition can be challenging and frustrating as we wait for the pathway in front of us to unfold in this program. We focus on what you're learning during this in between time.

What obstacles are keeping you from moving forward and where you can trust yourself more to move forward with confidence. Over four weeks will reflect together and hold space for one another session start Sunday, July 7th. And if you join in before July first, you'll receive a complimentary private coaching session with me on a topic of your choice.

Learn more and register at Katie Linder dot work backslash next you're listening to think right revised episode 115. Hey there, and welcome to think right revised a podcast that offers a peek behind the scenes of productive writing life. I'm your host. Dr. Katie Linder. On this episode. I thought I would talk a little bit about a more informal Writing Practice that I have been doing for the past month or so, and if you follow me on Instagram, you might have seen me mention morning pages.

I think I've also mentioned it on the show as well. And this is something that is recommended by. Cameron in a book called the artists way and she talks about it in several of her other books also, but the idea is to write three pages of longhand writing every morning pretty much right after you get up or pretty quickly after you wake up in the morning and I think Julia Cameron recommend this for a number of reasons, but one of them is that this time of the morning like right after you get up and you've been in kind of a dream state you might have some interesting ideas that you need to clear out of your brain.

But I really have enjoyed it as a practice in the morning to just kind of get me oriented into the day. So I posted about it and I got some questions from people that I thought I would address in this episode as well. So basically what I'm doing is I have a notebook that I purchased on Amazon account link to it in the show notes.

It's basically like a grid notebook. And I just write in three pages of it in every morning. I get up I make my way downstairs and at this is something I do right before I go on my morning walk which I've also been doing for the last month or so. So basically I get up I grab my earbuds that I'm going to take with me on my walk and then I walk downstairs and journal for usually about 20 25 minutes.

It kind of depends on how much I have to say and. And I write about all kinds of things. Usually it's a combination of what has happened the day before and what I have coming up in the day and also just something that is kind of on my mind that I want to process through writing. So lately a lot of what this has been is thinking about the Rebrand that I'm working on for my business and I am working right now with the branding agency and they've given me some reflective prompts and things to think about and so that's been on my mind a lot as I think about what I want to do with that Rebrand I have also been thinking about the podcast and kind of how that fits in with the Rebrand and if you are on my newsletter you follow my blog, you know.

A couple weeks back. I asked about that to my listeners and to my readers about kind of what they thought about me making some changes and so I've been thinking about the feedback that I got from that sometimes if I've had like a really good coaching session with someone or just something that's kind of gotten me thinking about a client or something that's going on.

In the business, I'll write about that a little bit. So there's all kinds of things. It's kind of a form of self therapy in some ways because you're just kind of letting out all the things that have been in your brain and I typically find it really interesting to see what the patterns are of the things that I'm thinking about right after I wake up every morning.

So if I really have something on my mind and maybe I was thinking about it when I went to bed the night before and then I wake up with it and it's still on my mind. It's nice to be able to process that and almost have like a release valve through these morning pages and to be able to see the kinds of things that you're just thinking about a lot that you want to reflect on a lot that maybe you enjoy thinking about or things that you kind of can't let go of and you want to process and put them down on the page.

I do think that it is important to do this in. Your own kind of handwriting and writing long form rather than doing something on a screen and that is something that Julia Cameron recommends as well. I think there is something kind of very quiet and almost meditative about writing this out and not typing it out.

And when I'm doing this in the morning, I just kind of curl up and share and do the writing and I don't have any music on or anything like that. You certainly could I think you could. Listen to music. I think you could light a candle. I mean, I think you could make it into a kind of you know routine that really fits what you want.

But for me, it's really just kind of a quiet time that I can sit and ease into the day through the writing and then go out on my walk. Now, I think the other thing that's kind of nice about it is it does give me an opportunity to kind of think about before I go on this walk which is usually between right now maybe 30 to 45 minutes up to an hour long.

If there are any things that I want to be kind of processing and asking myself and kind of thinking about on that walk. It typically comes out in the morning page. And sometimes if it's an issue or a question, I have around the business then I might look for like a podcast episode that I want to listen to on my walk that I think would help me think through that thing because I often listen to podcasts as I'm walking or if it's something that's more kind of personal or.

Related to you know something going on with my family or my partner, you know, I might try to think about a podcast episode that would make me think through that, you know, like so I like to kind of use the the morning Pages almost as kind of a setup for what I want to be thinking about or processing when I'm on that walk and basically what this allows me to have is about an hour to 90 minutes every morning where I'm just kind of thinking and processing and synthesizing things before I go into my day.

And I have found over the past month or so. This helps my mornings to feel really leisurely. It helps them to feel really relaxed. I feel like I go into my day very kind of rooted and centered in how I want to feel for the day because I've already had a chance to kind of slowly ease in and process.

You know, what I'm thinking about oftentimes what I'm thinking about what kind of continued throughout the day if there's a certain kind of problem. I'm turning on or I'm trying to kind of brainstorm something. It's not like I turn the faucet off when I when I go into work, but it's it's a really.

Thing to kind of have that reflective time both in the writing and in the walking, so I really have enjoyed it. It's something that I hope to continue for a while. And at this point I've written about a hundred pages of just Reflections and questions and ponderings. If you're interested in learning more about morning page has a link to Julia Cameron's book in the show notes, so you can check it out.

She has a bunch of other books on writing one of which I've actually been reading lately and really. And called it's never too late, which is about being a creative person later in your life. And also like post-retirement. I have some coaching clients who are at the end stages of their careers and they're starting to think about what they want to do Post having a traditional work life.

And so it's been really interesting to dive into that book as a way of thinking about tools for those clients, but also just as I'm getting into my mid-career, what does it mean to be a creative person? It has been just a really. For thing to be thinking about it. It's a good book for that too. So I would encourage you to look at her books and I'll link to a couple of in the show notes that you can take a look at.

So I would be really curious to know if you have tried morning pages. And if so what you think about this process and of course you can always email me at contacted Katie Leonard artwork. You can tweet to me. I KT double underscore lender. You can connect with me on Instagram. At Katie underscore lender, or you can write me a letter as part of your morning Pages.

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