■ FIND YOUR CREATIVE FLOW: A Weekly Planner for Writers

Design a writing life that works for you — not against you.

STEP 1: SET YOUR INTENTION

Why do you write?
■ To finish a book
■ To build a daily habit
■ To express my emotions
■ To sharpen my skills
■ To make a career of it
■ Because I need to
■ Other: _____

This week, I want to focus on:
■ Starting a new piece
■ Continuing a draft
■ Revising or editing
■ Brainstorming or outlining
■ Just showing up
■ Taking care of myself creatively

This week, my writing will help me _____.

STEP 2: DESIGN YOUR WEEKLY SCHEDULE

Pick your writing days: ■ Mon ■ Tue ■ Wed ■ Thu ■ Fri ■ Sat ■ Sun
Best times for me to write: ■ Morning ■ Midday ■ Evening ■ Late Night ■ Whenever inspiration hits
Ideal location: ■ Desk ■ Coffee shop ■ Library ■ Couch ■ Outdoors ■ Other: _____

Day	Time	Focus Task (e.g., draft, edit, brainstorm)	Word/Time Goal	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

STEP 3: CREATIVE CHECK-IN

How am I feeling creatively this week?
■ Energized ■ Meh, but willing ■ Stuck ■ Curious ■ Frustrated ■ Inspired ■ Burned out ■ Hopeful
One thing I can do to support myself as a writer: _____

One thing I will *not* pressure myself about this week: _____

STEP 4: CELEBRATE YOUR WINS

■ What did I write or create this week?
■ What went well with my routine?
■ What do I want to change next week?
■ What am I proud of?

Even showing up counts. Keep the momentum going.