Jon’s five minute sprint

To try the benefits of expressive writing for yourself, just set a timer for five minutes and write to the prompt: What’s going on? Write as fast as you can, without pausing for thought, and paying no attention to spelling, grammar, handwriting, punctuation or potential readership. This is just for you.  Let your pen or keyboard do your thinking for you. If you find yourself feeling stuck for a moment, just keep on writing the same word or phrase you’re on till the next moment or image of your piece pops into your head. When the timer goes off finish the phrase or the sentence you’re on, read back over what you’ve written, and answer this question by writing a sentence or two: What do I notice?