

## The 3-Minute Dash

This writing exercise was shared with me by Dr. Emil Petrusa. It can be a great way to kickstart your writing, particularly if you find yourself repeatedly encountering psychological barriers.

### Materials

A timer or cellphone (people still have timers, right?)

A desire to write but an inability to get started

Pen/pencil and paper OR laptop

### Procedure

- 1.) Set your timer for 3 minutes
- 2.) Write as fast as you can without stopping until the timer goes off.
- 3.) If you are using pen and paper, DO NOT let the pen come up off the paper! If you are using a laptop, keep those fingers moving!
- 4.) Do not worry about typos or grammar – you can fix all that once the three minutes are up.

The logic behind this exercise is that by focusing on writing as fast as you can, you prevent yourself from judging/evaluating/overthinking what you are recording. Give it a try!