Just Write Something Month Challenge 2.0

#WriteWithMe

An unforgettable writing journey.

What is WriteWithMe?

#WriteWithMe is an opportunity to learn, reflect, and build writing habits that will last. This year the prompts will lead us on a trail of reflection on our lives, challenges we have faced, decisions and changes we have made, and dreams we have waiting for us. #WriteWithMe begins October 24th, 2022, your invitation is waiting.

What you will need:

You will need a desire to write, and commitment to the journey and process. You will also need access to internet and email, something to write with, and something to write on.

Financial Cost:

There is no financial cost to participate, however donations are accepted.

Venmo (@OfficialRachelPointer)
or Paypal (@officialrachelp)

Register Here

JustWriteSomethingMonth Challenge (2021) and WriteWithMe Journey (2022) are programs written and facilitated by Rachel Pointer and Presented by Pointer Adventures
www.RachelPointer.com

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Before You Begin

As with any other journey, there are things to prepare for before the journey begins. As you prepare for the journey of #WriteWithMe, take a few moments to pause and check in with yourself. Every week you will receive guidance and prompts for the week ahead. In the beginning you will be invited to write every day for short periods, starting with five minutes. Over time, you will be invited to write fewer days each week for longer periods of time. The goal is to shape your writing habits to become habits that you can carry on after #WriteWithMe ends.

Helpful habits

To help build the muscles of focused and consistent writing that feels sustainable in your life, there are two habits that are key to the process. Number one: review your schedule each week and make note of the small spaces in your days where there are short and natural breaks. Note the writing time for the week ahead and create appointments with yourself in the spaces where you are **most likely** to feel free to keep them.

Number two: When you settle in to write each scheduled session, make your space comfortable for you, and set a timer for the amount of time that you are writing that day. Stop writing when the timer goes off.

#WriteWithMe Commitments

In order to receive the most from this journey, I will commit to the process of it. I will give myself grace as I write. I will show up as fully as I am able. If I miss a writing day, I will take a deep breath and show up the next day without shame. I will do the best I can today, and I will let go of the need to judge myself when my best changes. I will write for me first. I will protect my journey and share it only in the way that **I** choose.

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JOURNEY TIME COMMITMENT
WEEK 1
Seven Days
5 MINUTES
WEEK 2
Seven Days
5-10 MINUTES
WEEK 3
Six Days
10 MINUTES
WEEK 4
Six Days
10-15 MINUTES
WEEK 5
Five Days
15 MINUTES
WEEK 6
Five Days
15-20 MINUTES
WEEK 7
Four Days
20 MINUTES
WEEK 8
Four Days
20-25 MINUTES
WEEK 9
Four Days
25 MINUTES
WEEK 10
Four Days
25-30 MINUTES
WEEK 11
Three Days
30 MINUTES
WEEK 12
Three Days
30-35 MINUTES
WEEK 13
Three Days
35 MINUTES
WEEK 14
Three Days
30-40 MINUTES
WEEK 15
Three Days
30-45 MINUTES
BONUS WEEKS
Two Days
30-45 MINUTES
Learn more at: www.RachelPointer.com