



Develop Your Snack Habit

Snack writing is the practice of writing in small (10 to 15 minute) chunks of time. To try it, schedule a snack and set a SMART goal for that snack (Specific, Measurable, Achievable, Realistic, and Time-bound). You may be surprised to see just how much you can produce in a focused snack period!

Of course, this won't solve all of your scheduling problems, but it will give you a way to regularly produce high-quality writing in short periods of time.

Whereas the diet industry can't seem to decide whether we should eat snacks or not, no one's going to come tell you next month that you're wrecking your writing by snack writing regularly. Writing little and often can only be a good thing.

Use the calendar on the next page to record how many snacks you have over the next 30 days.

| | SUN | MON | TUES | WED | THURS | FRI | SAT |
|-----|-----|-----|------|-----|-------|-----|-----|
| W01 | | | | | | | |
| W02 | | | | | | | |
| W03 | | | | | | | |
| W04 | | | | | | | |
| W05 | | | | | | | |
| W06 | | | | | | | |

Track Your Snacks