



SOUL CARE

Diary

A REFLECTIVE JOURNAL ABOUT MY WRITING



Jenna O' Malley

THE SOUL WRITER

Hello, everyone! Thank you for considering this reflective journal as part of your Soul Care process as a writer.

What is Soul Care?

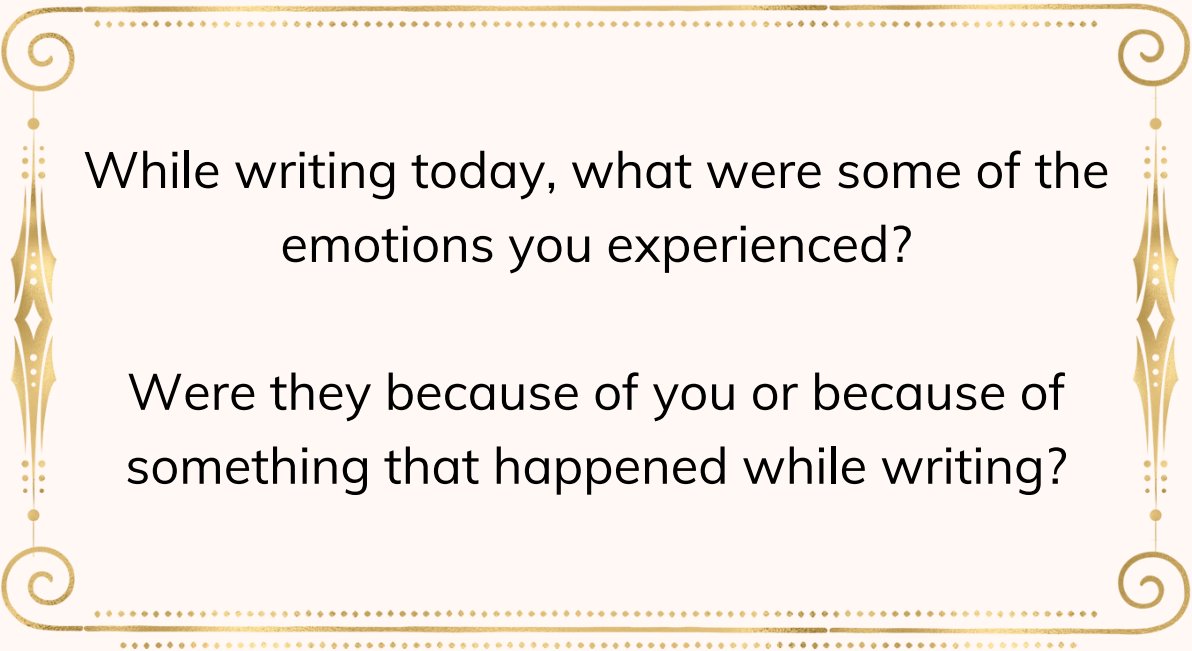
Well, self-care is all about taking care of the physical body, and hence, Soul Care is anything that reaches beyond yourself here in this realm. It can be as simple as a bath instead of a shower, headbanging to your favorite song, and much, much more and much, much more expensive.

Over the next month or so, check in with how you're taking care of your soul versus how you're taking care of yourself.

Are you up for the challenge? Let's rock it!

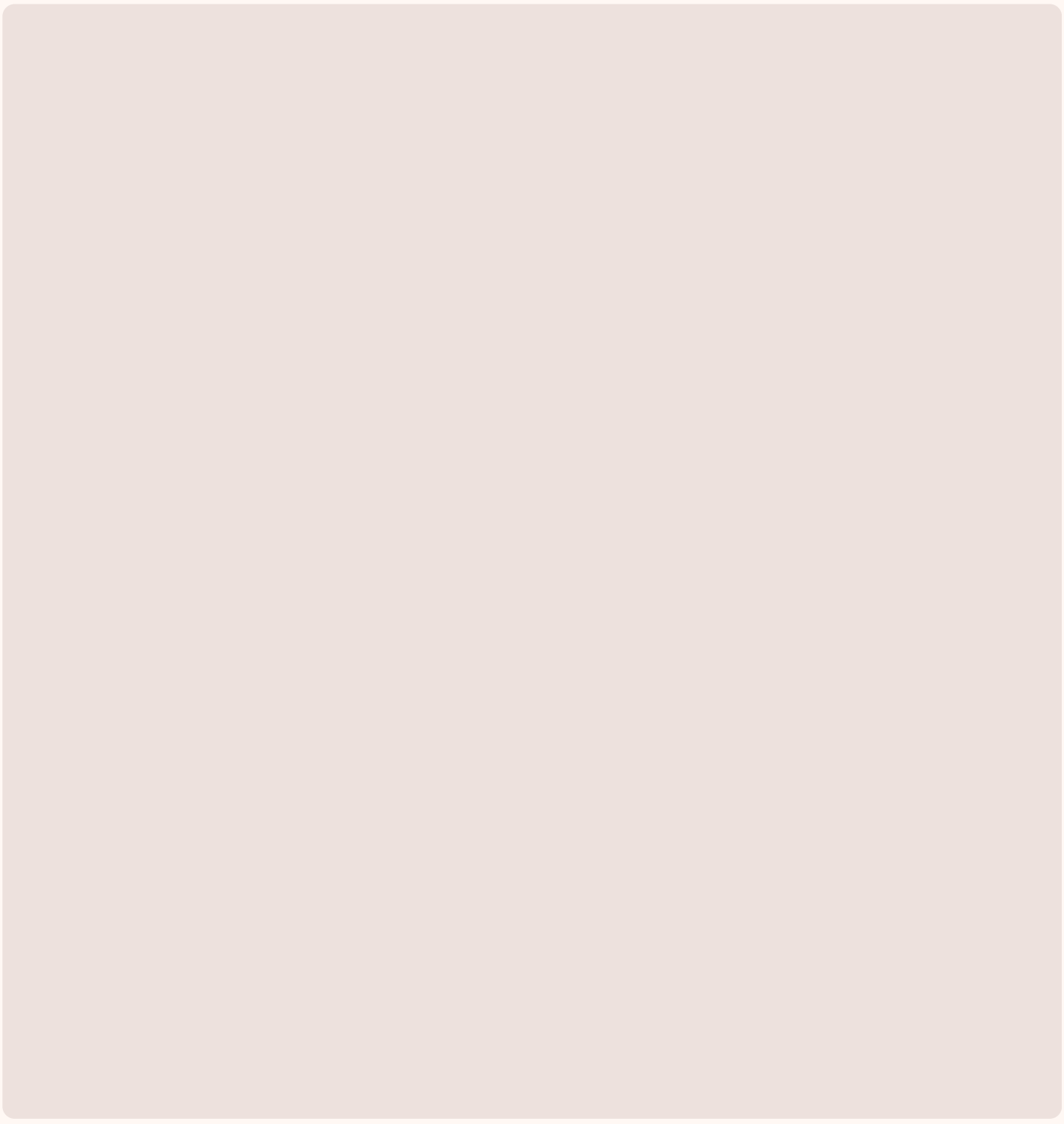
Much love,
Jenna

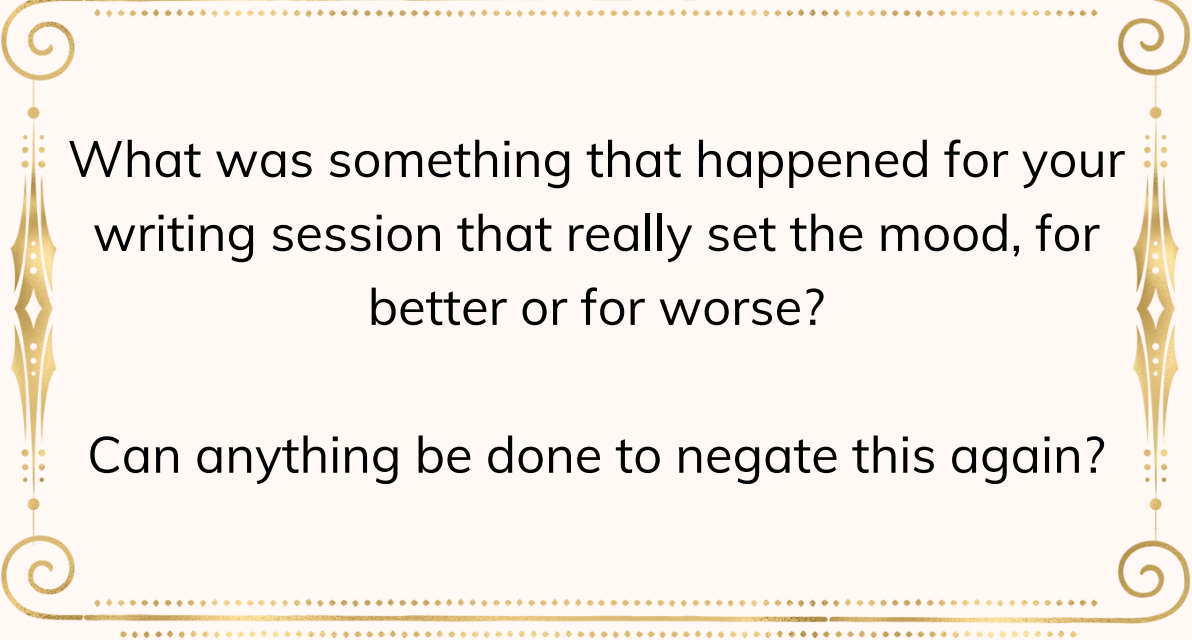




While writing today, what were some of the emotions you experienced?

Were they because of you or because of something that happened while writing?

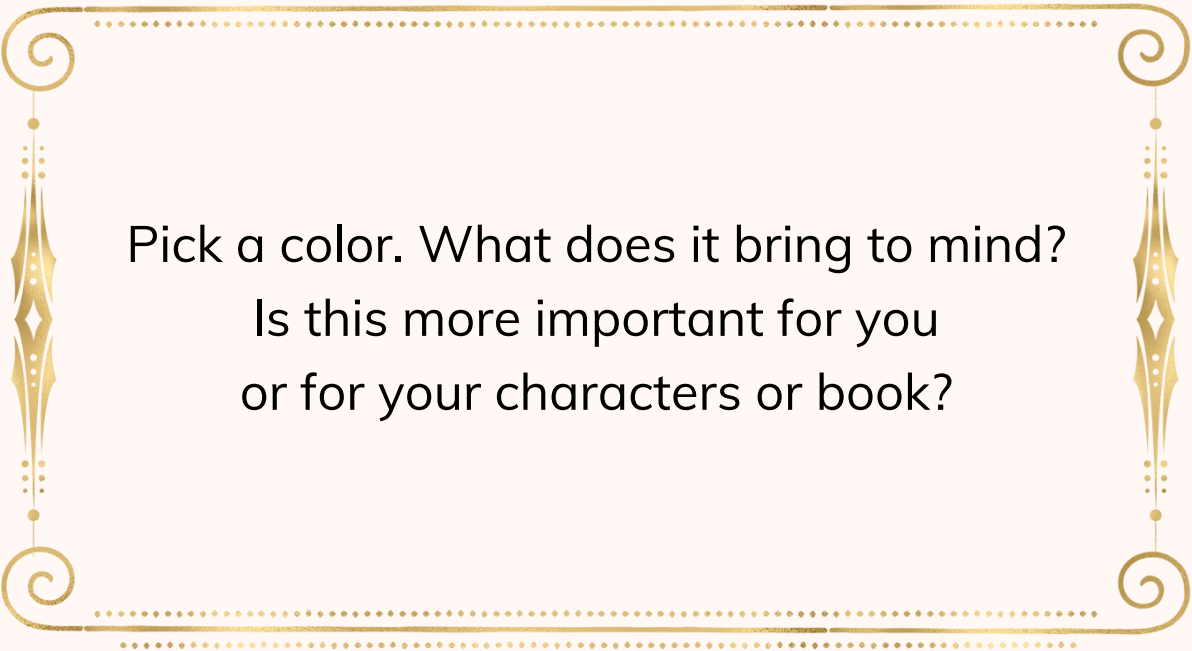




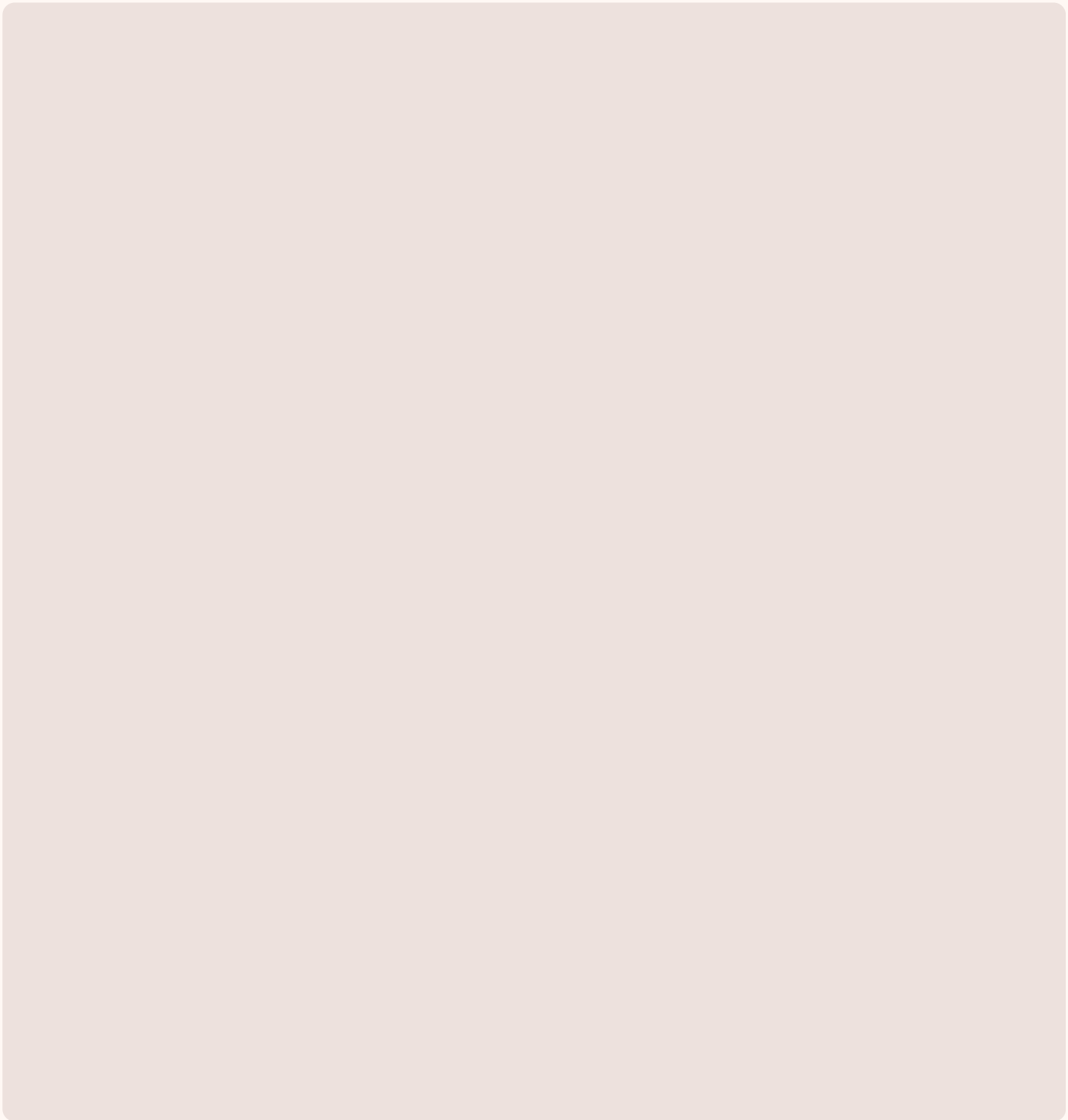
What was something that happened for your writing session that really set the mood, for better or for worse?

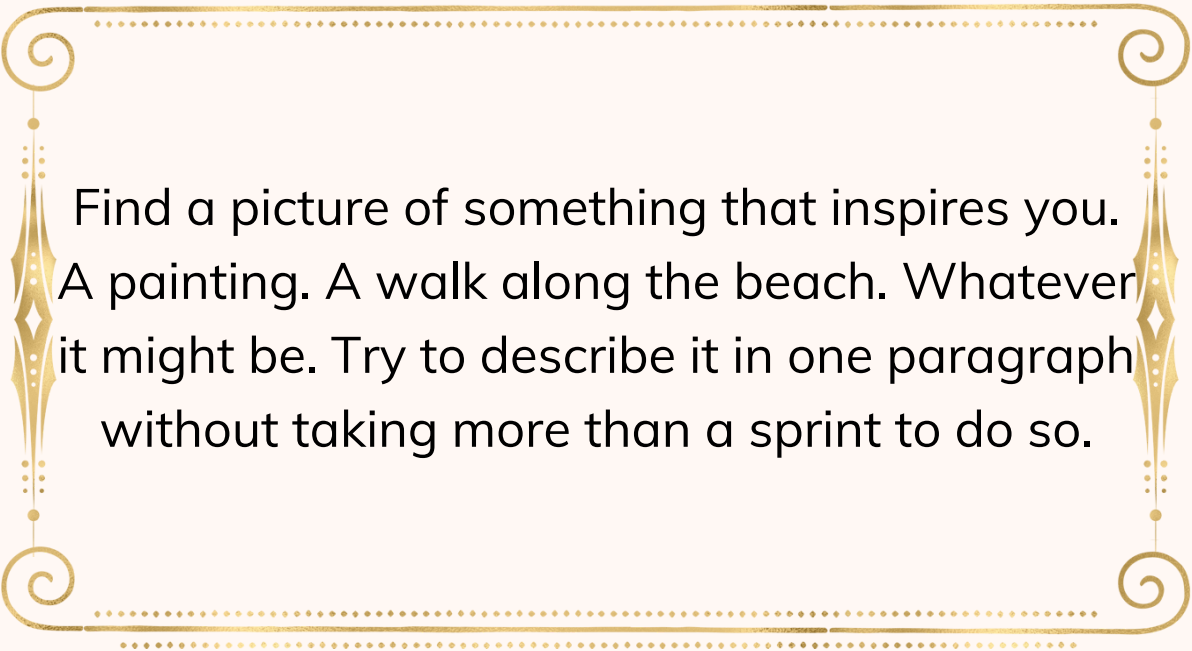
Can anything be done to negate this again?



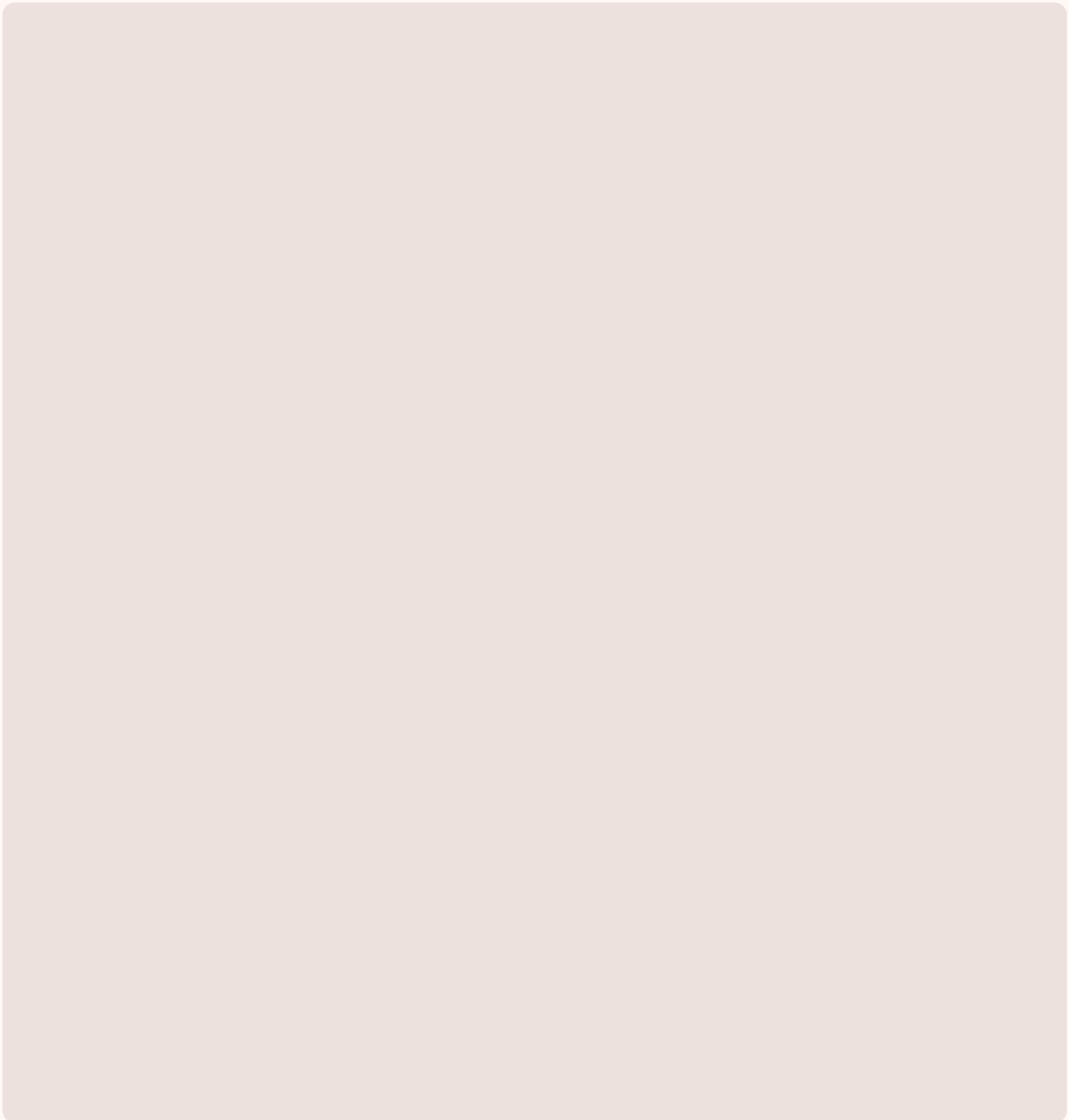


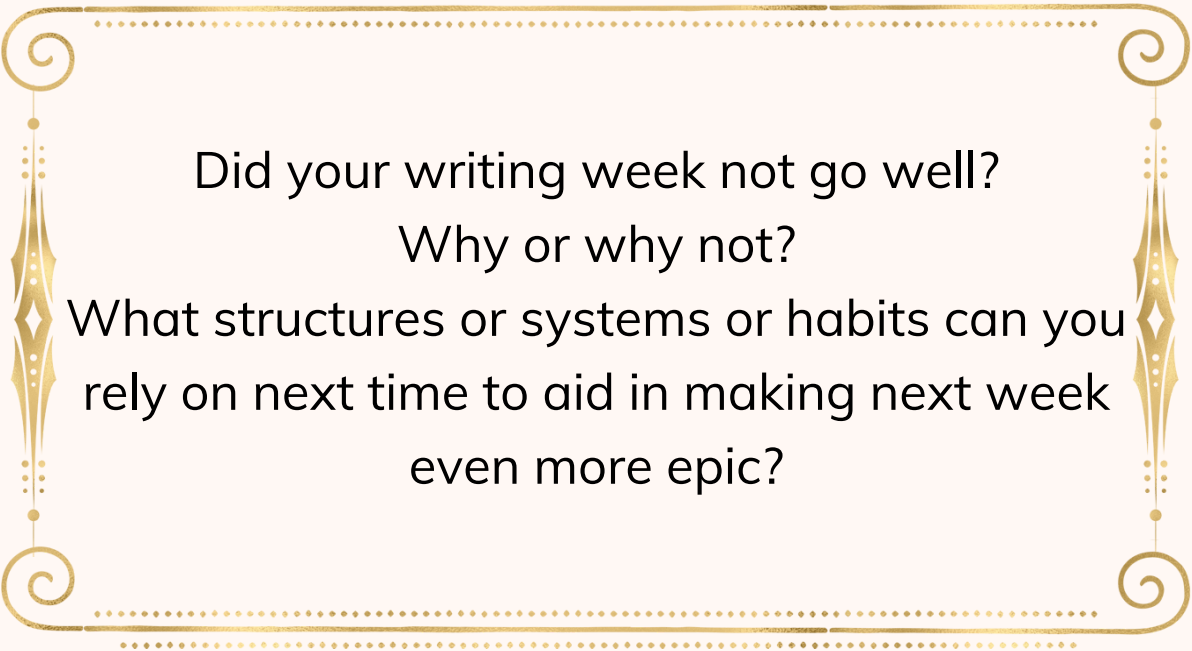
Pick a color. What does it bring to mind?
Is this more important for you
or for your characters or book?





Find a picture of something that inspires you.
A painting. A walk along the beach. Whatever
it might be. Try to describe it in one paragraph
without taking more than a sprint to do so.

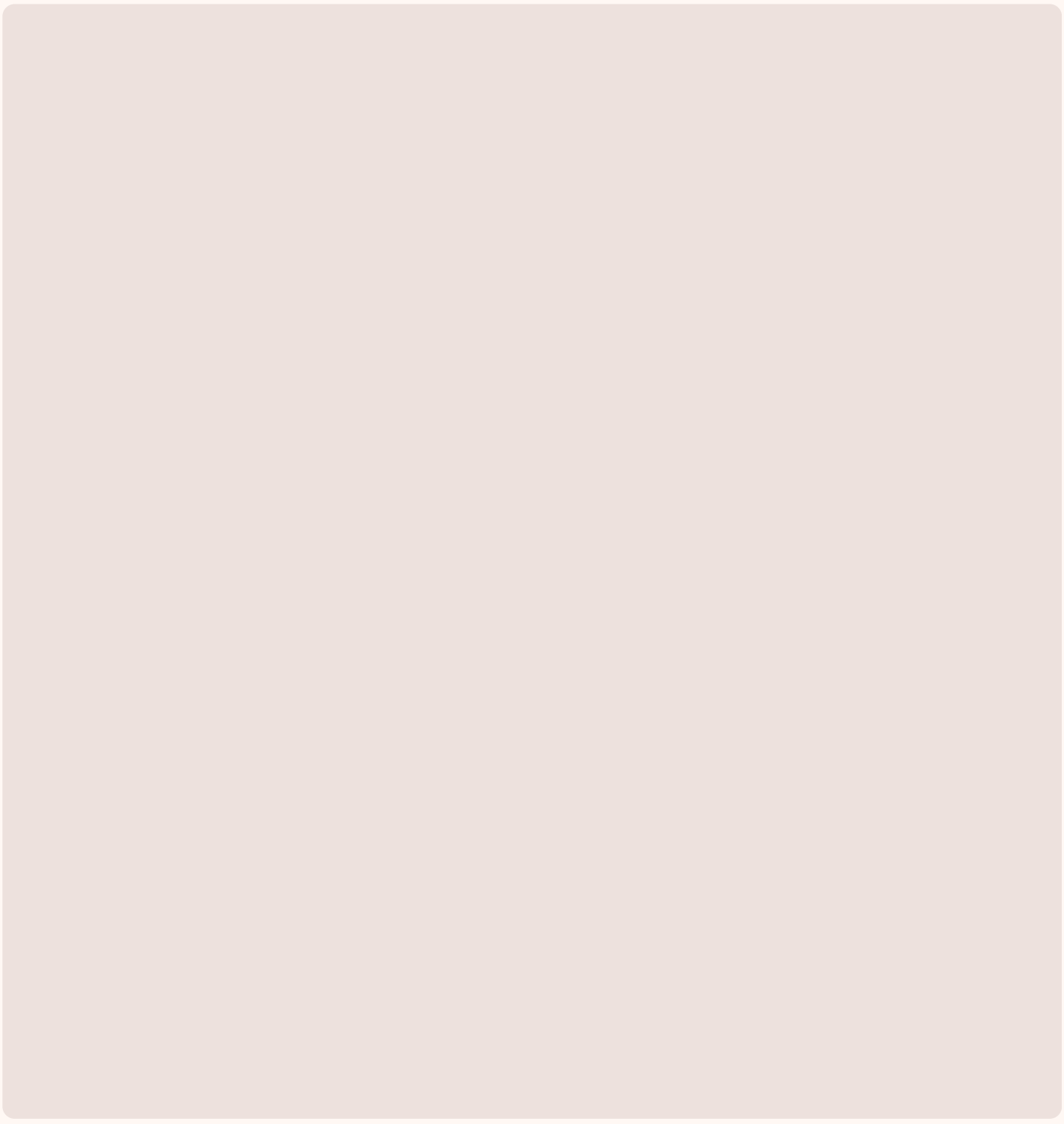




Did your writing week not go well?

Why or why not?

What structures or systems or habits can you
rely on next time to aid in making next week
even more epic?





What about your writing process feels good?

Feels bad?

Feels outdated?

Feels too comfortable?

How do you pivot with these realizations?





What about your writing projects feels good?

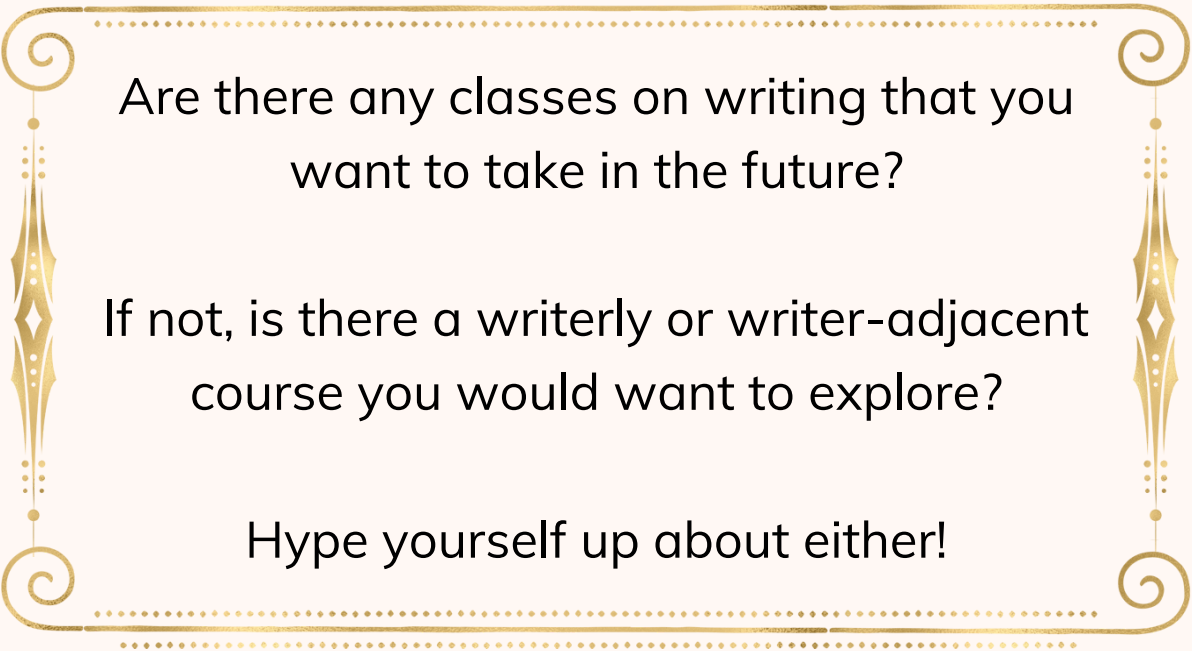
Feels bad?

Feels outdated?

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How do you pivot with these realizations?



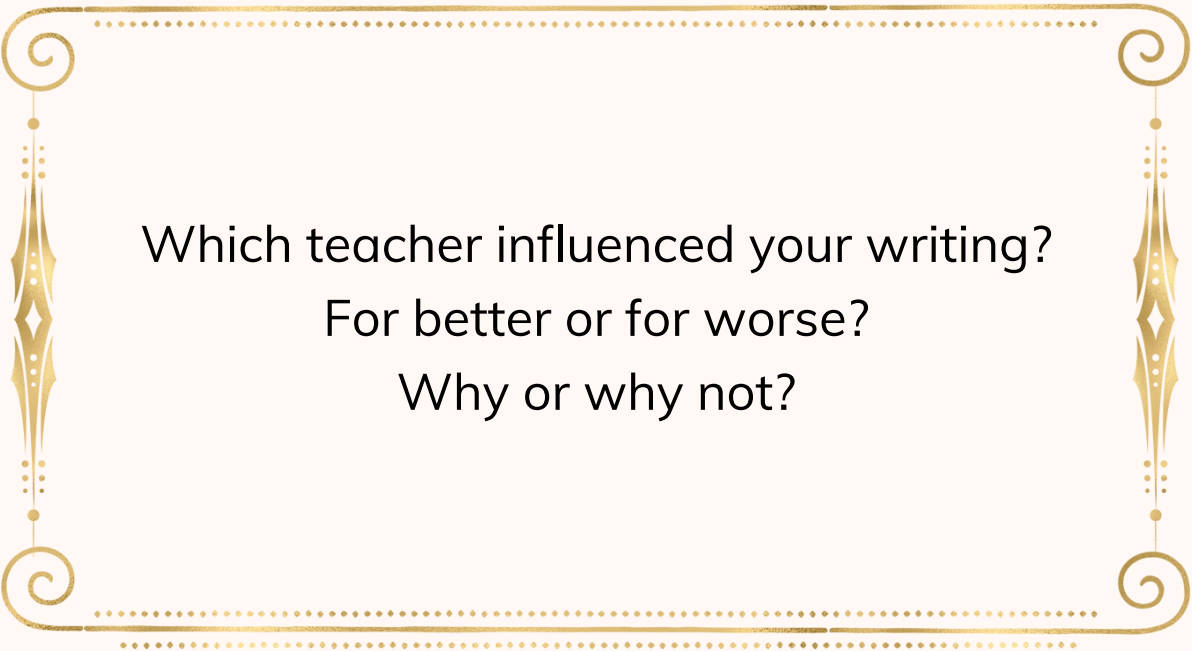


Are there any classes on writing that you
want to take in the future?

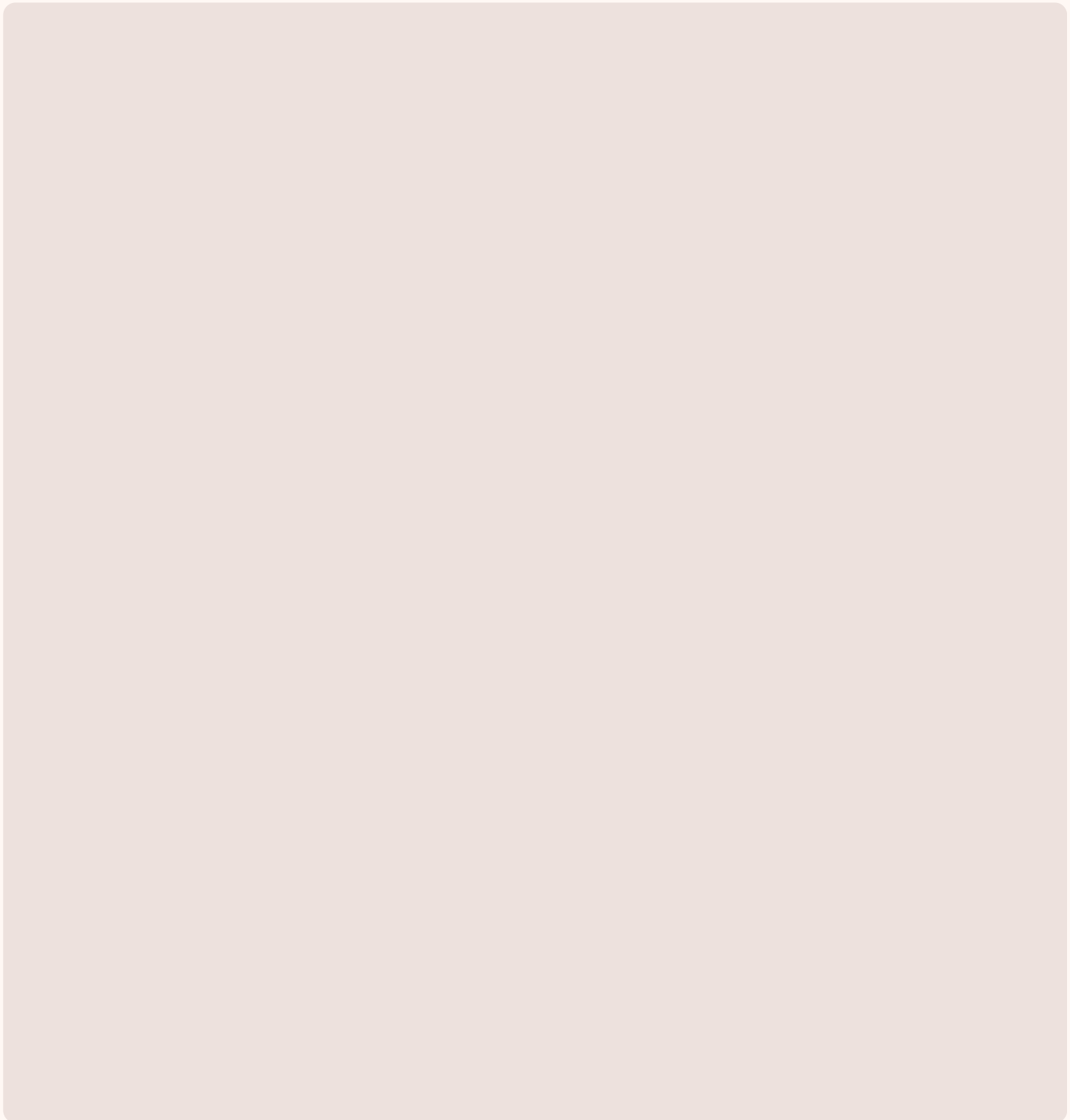
If not, is there a writerly or writer-adjacent
course you would want to explore?

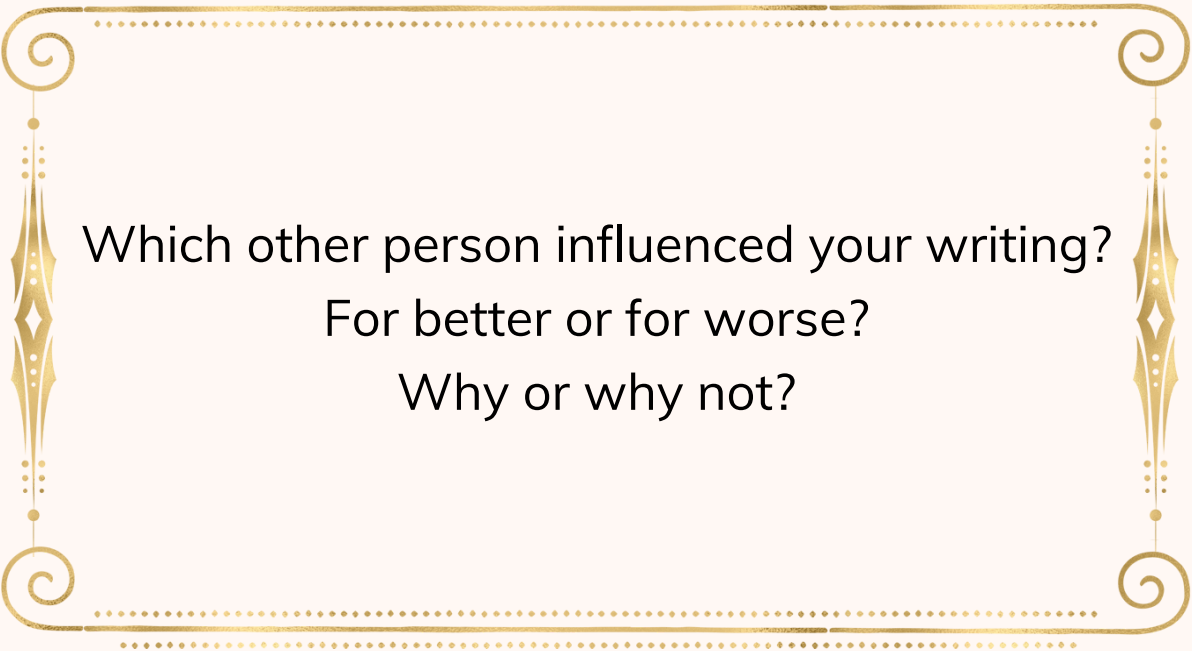
Hype yourself up about either!



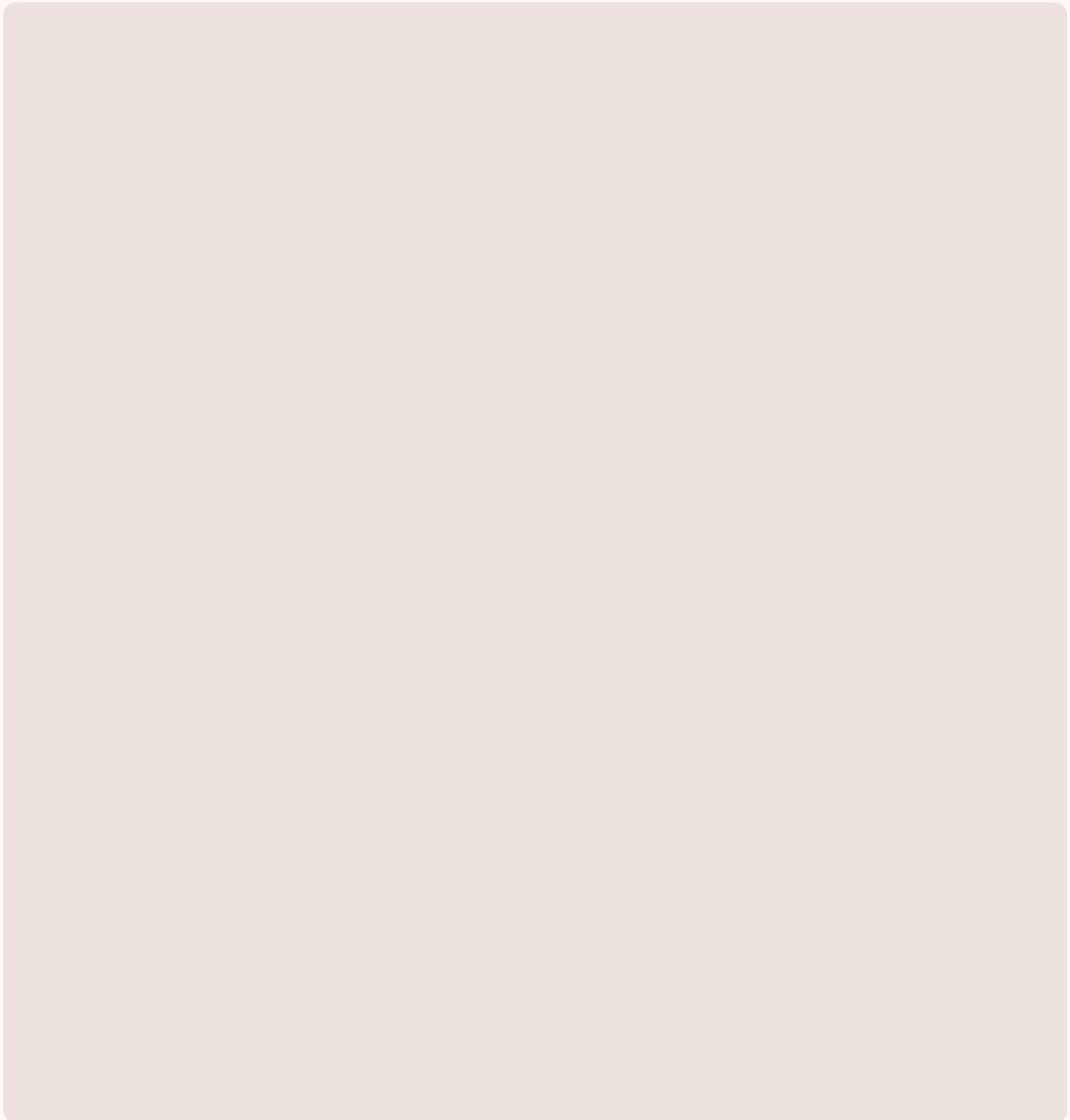


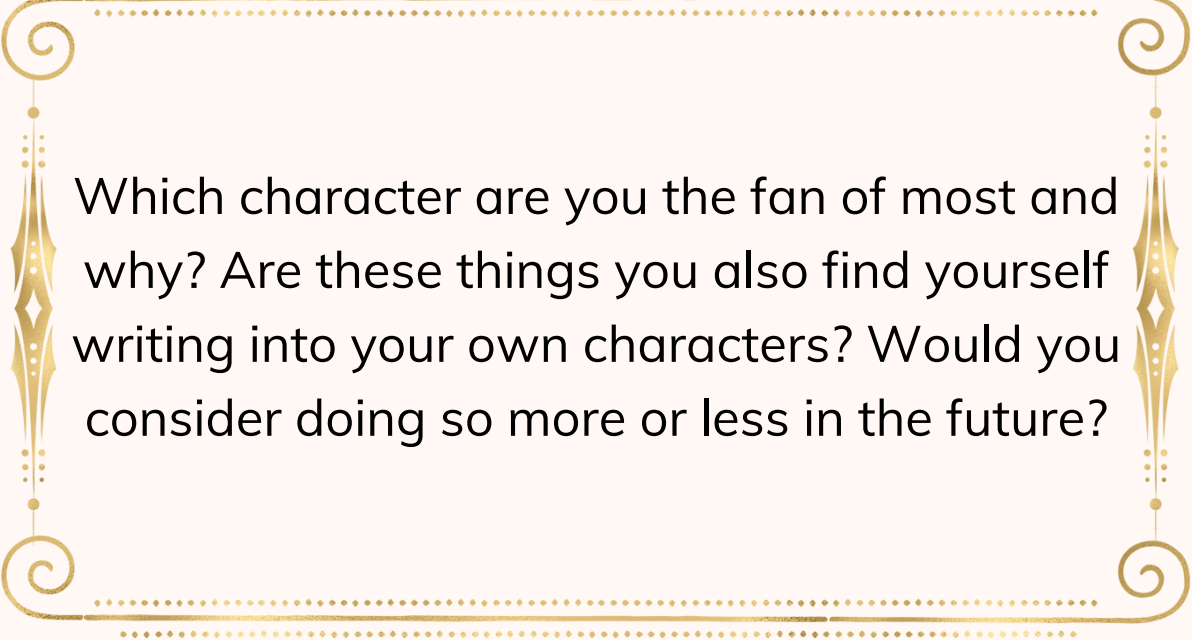
Which teacher influenced your writing?
For better or for worse?
Why or why not?



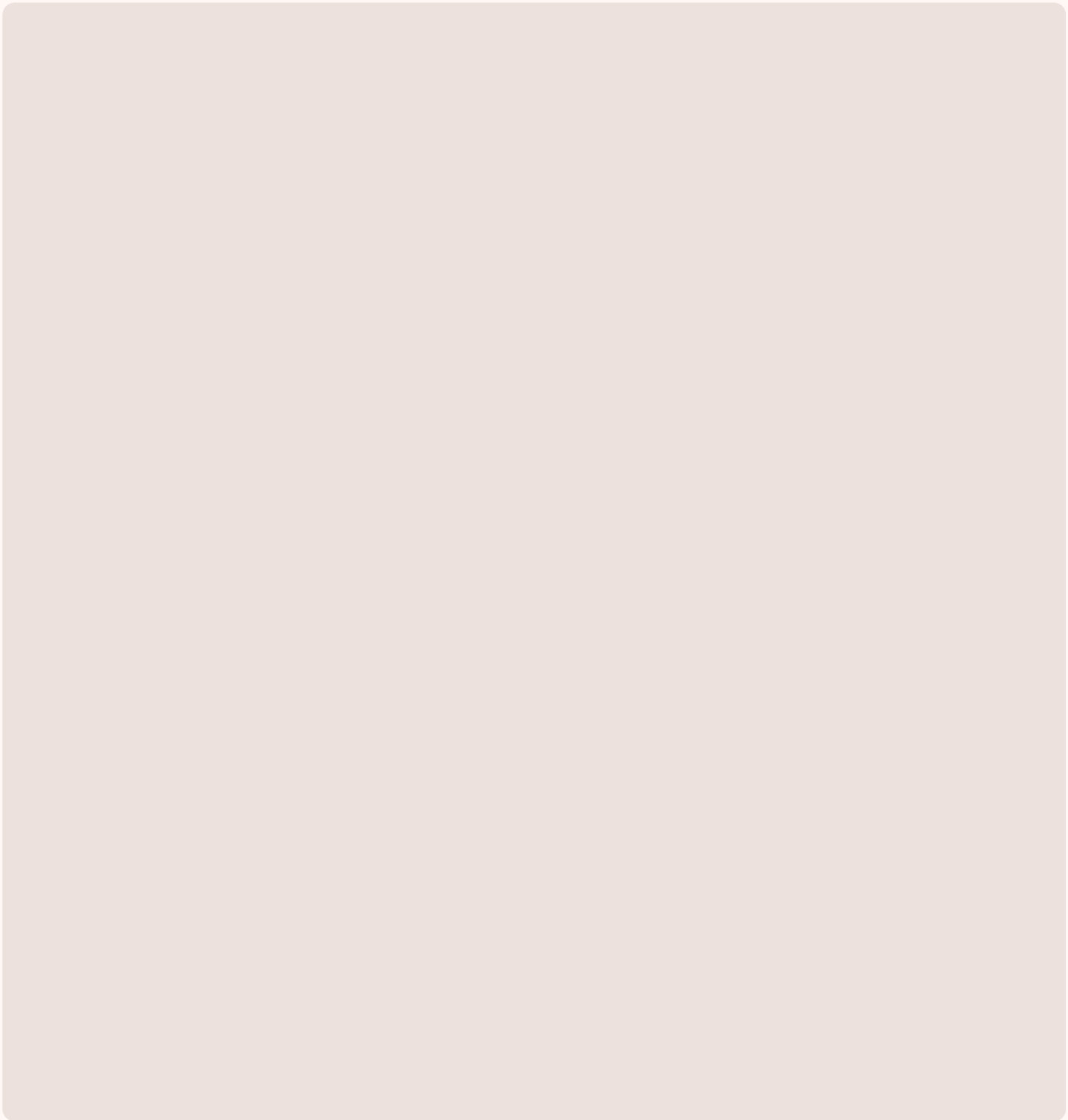


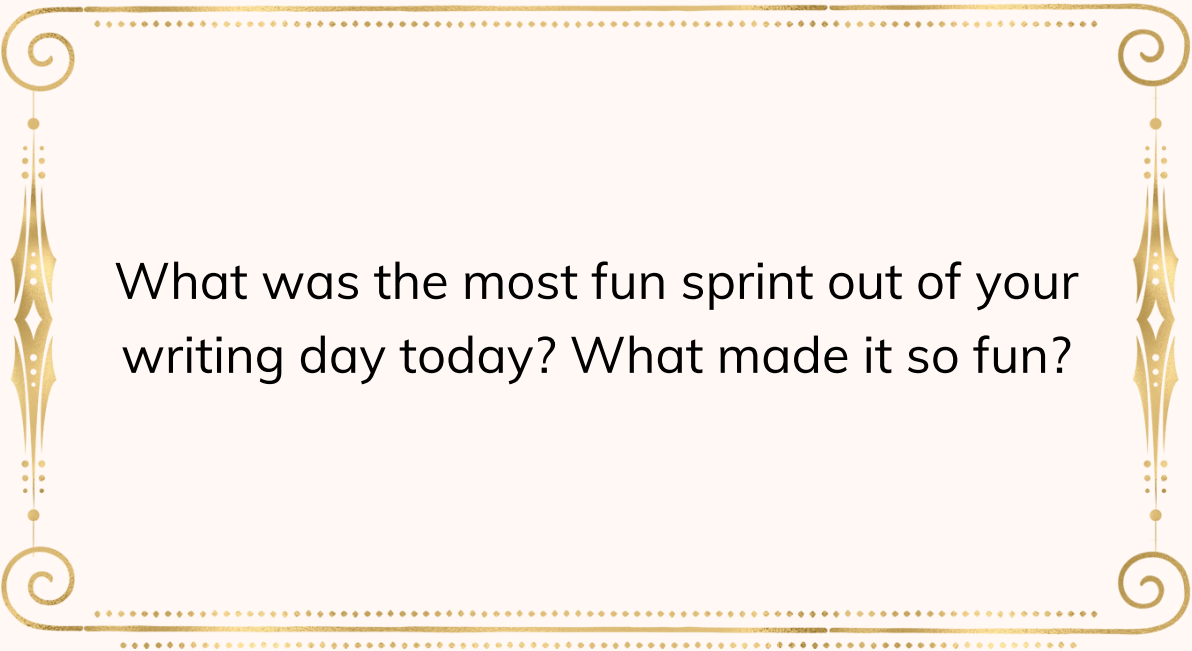
Which other person influenced your writing?
For better or for worse?
Why or why not?



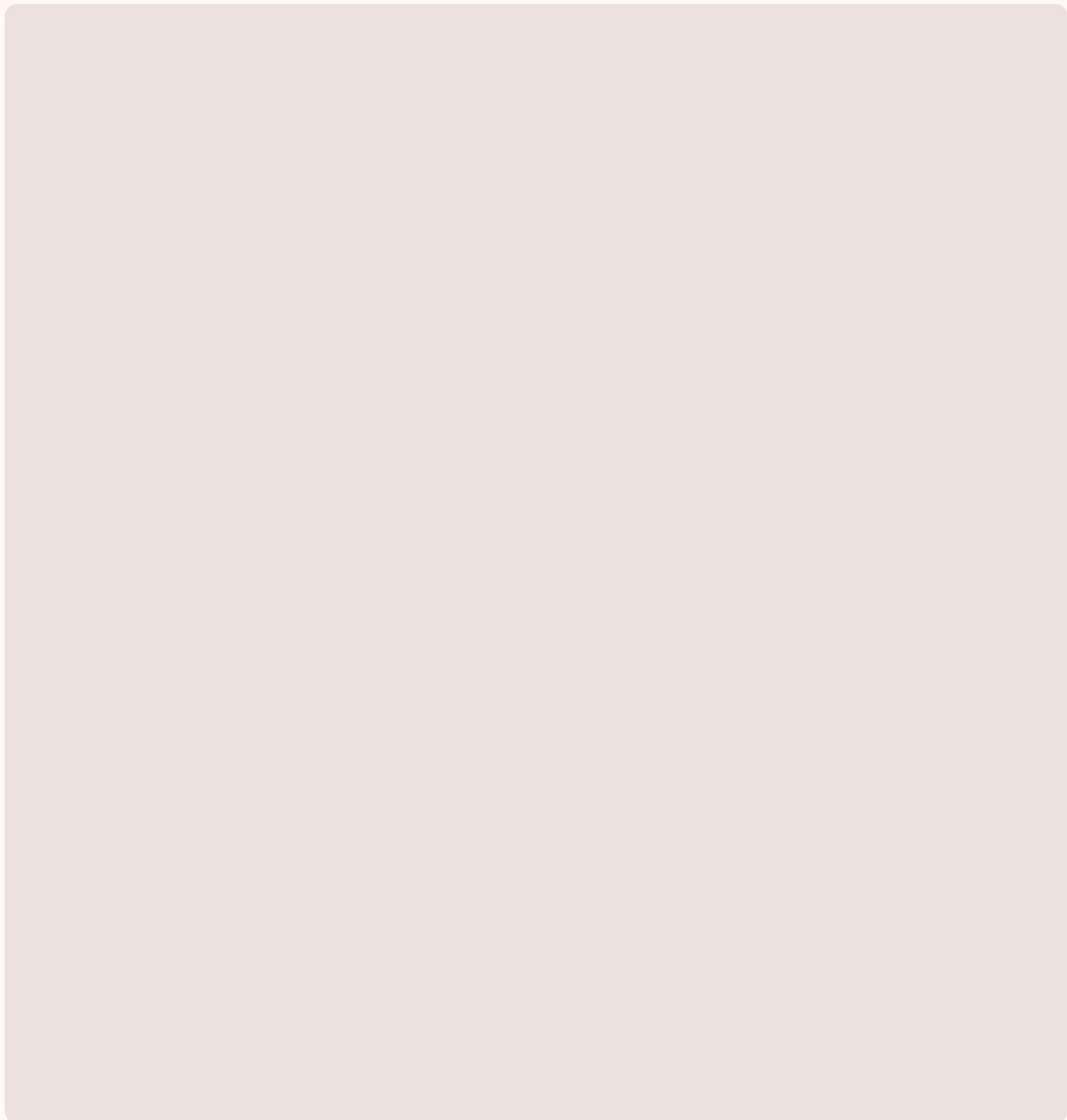


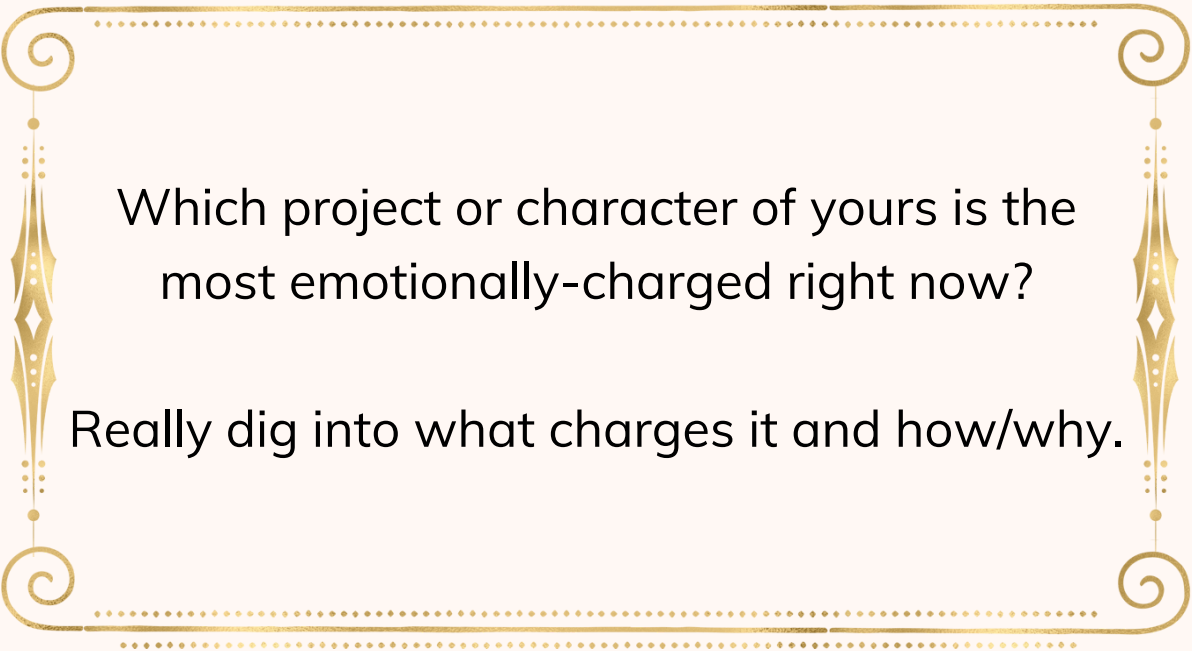
Which character are you the fan of most and why? Are these things you also find yourself writing into your own characters? Would you consider doing so more or less in the future?





What was the most fun sprint out of your writing day today? What made it so fun?





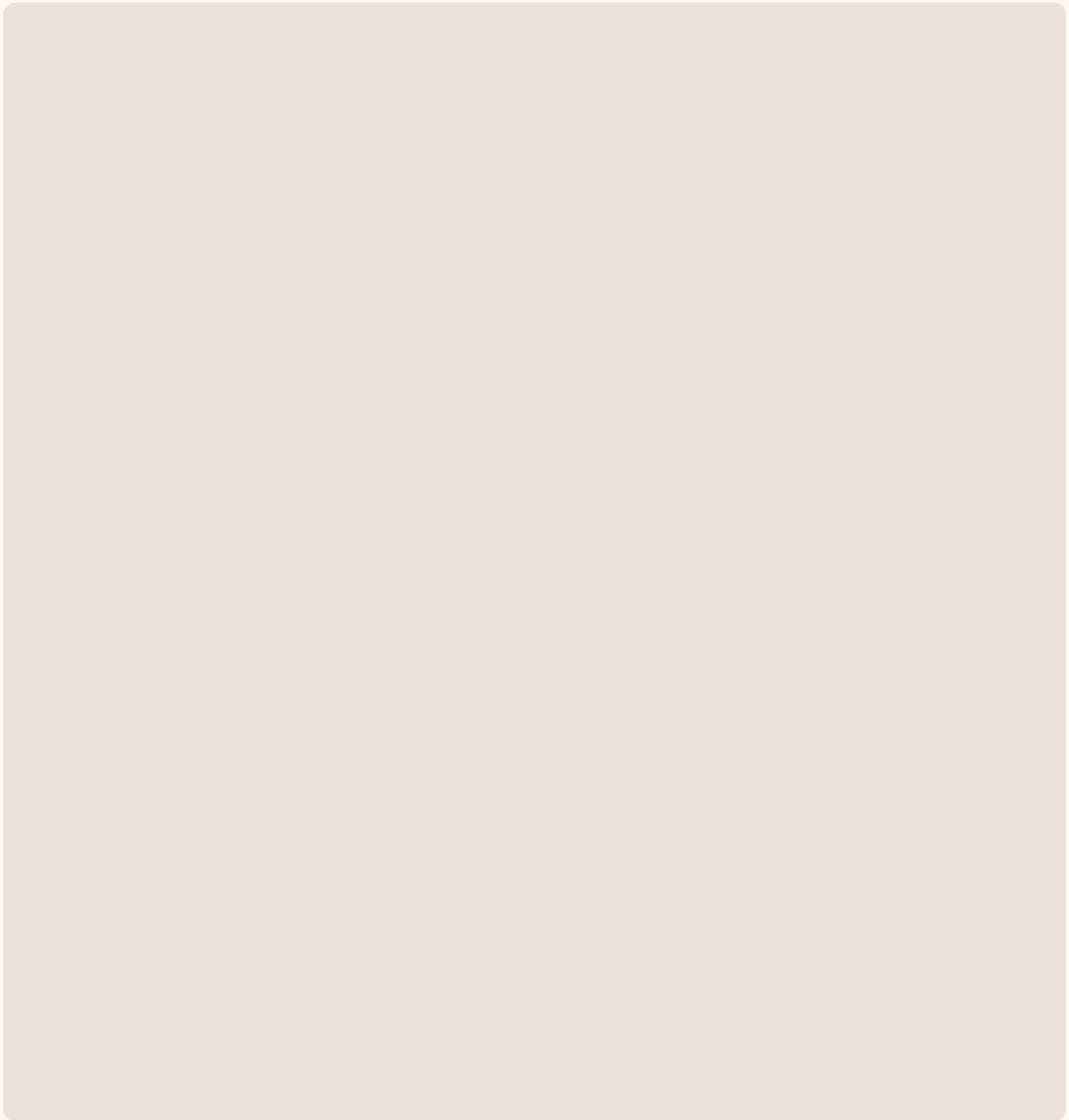
Which project or character of yours is the most emotionally-charged right now?

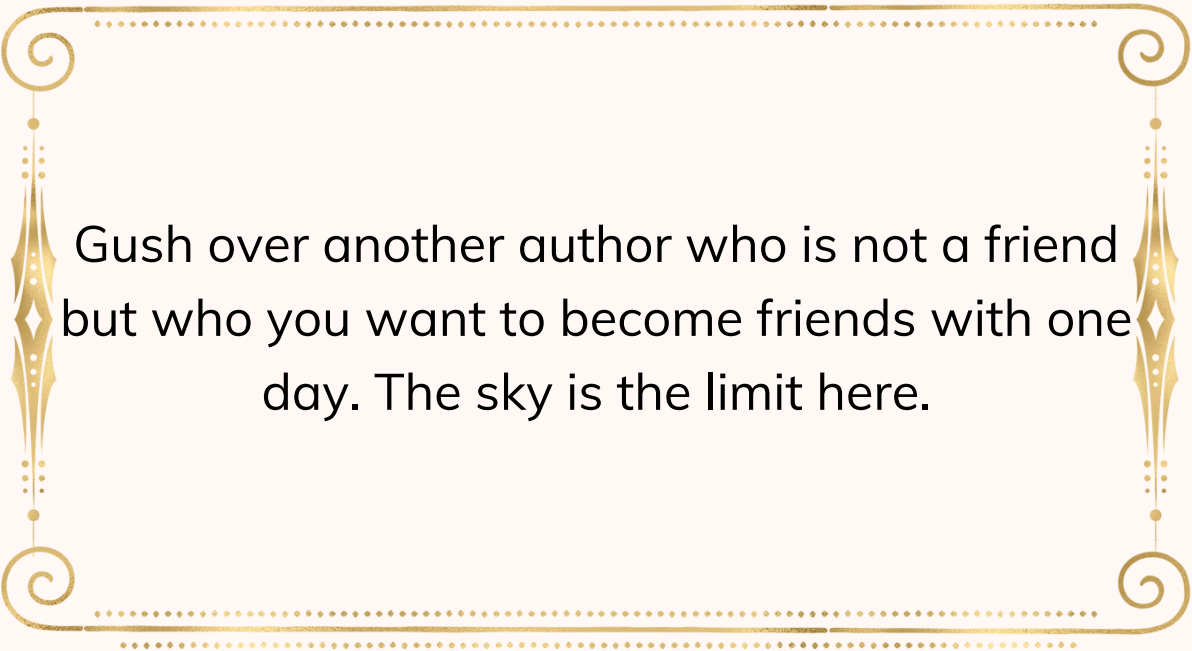
Really dig into what charges it and how/why.



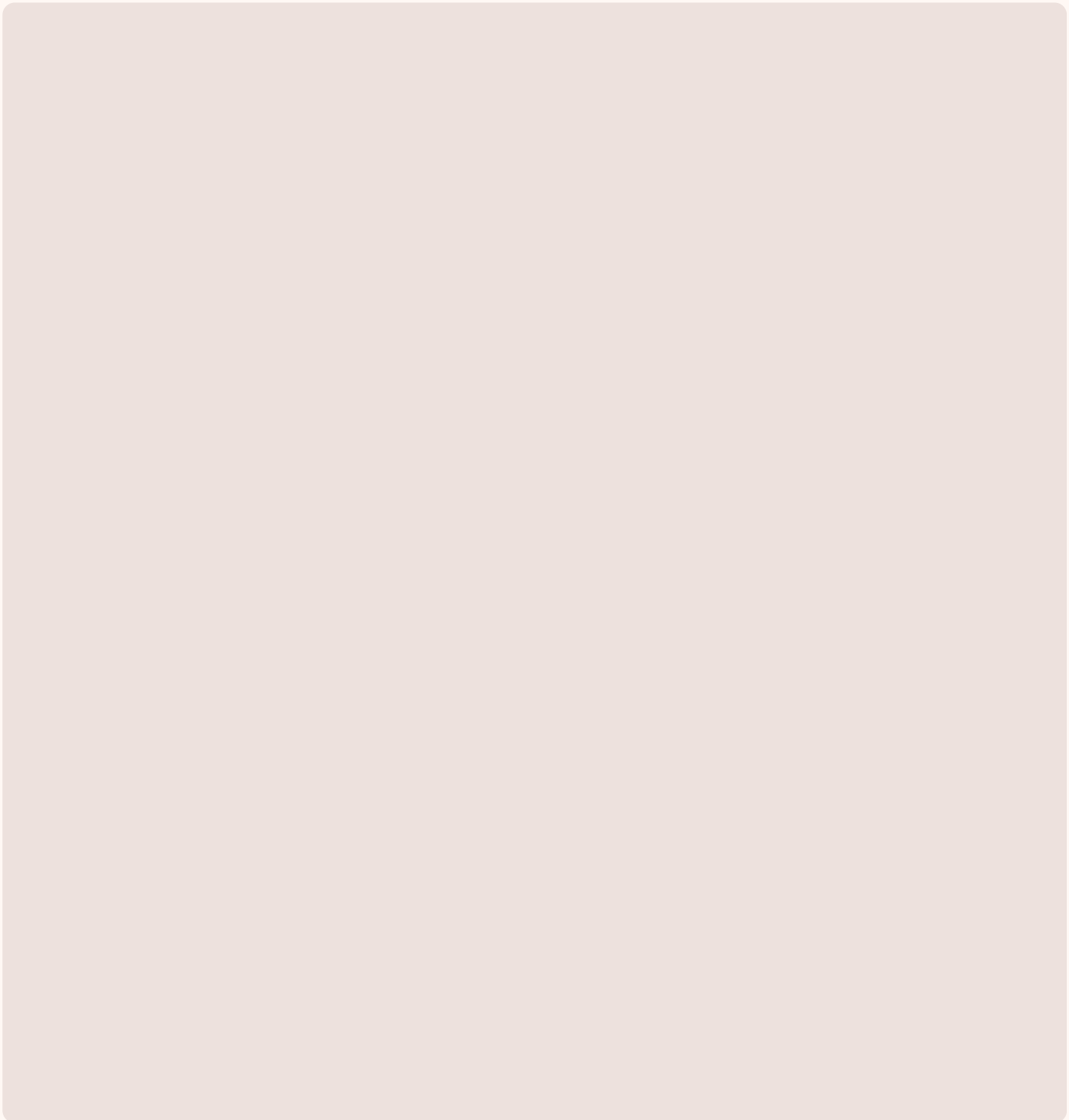


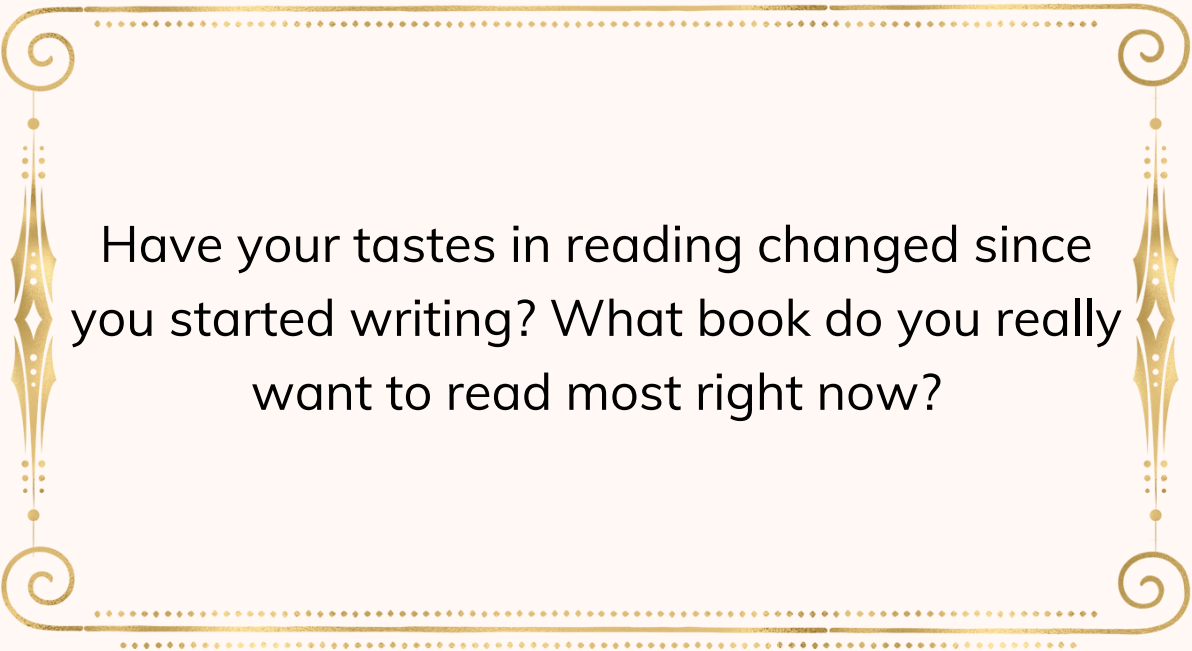
Gush over another author who is a friend.



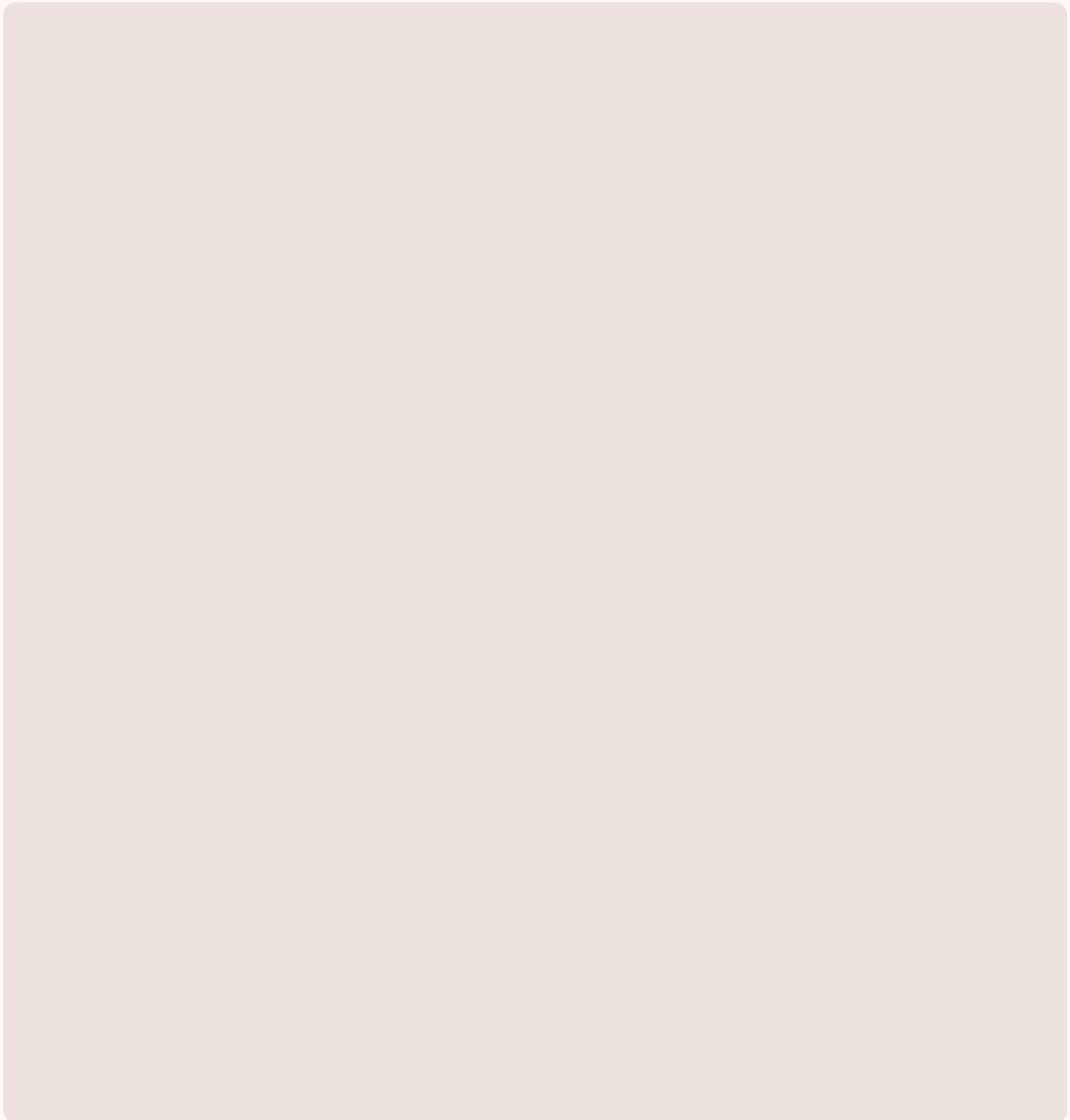


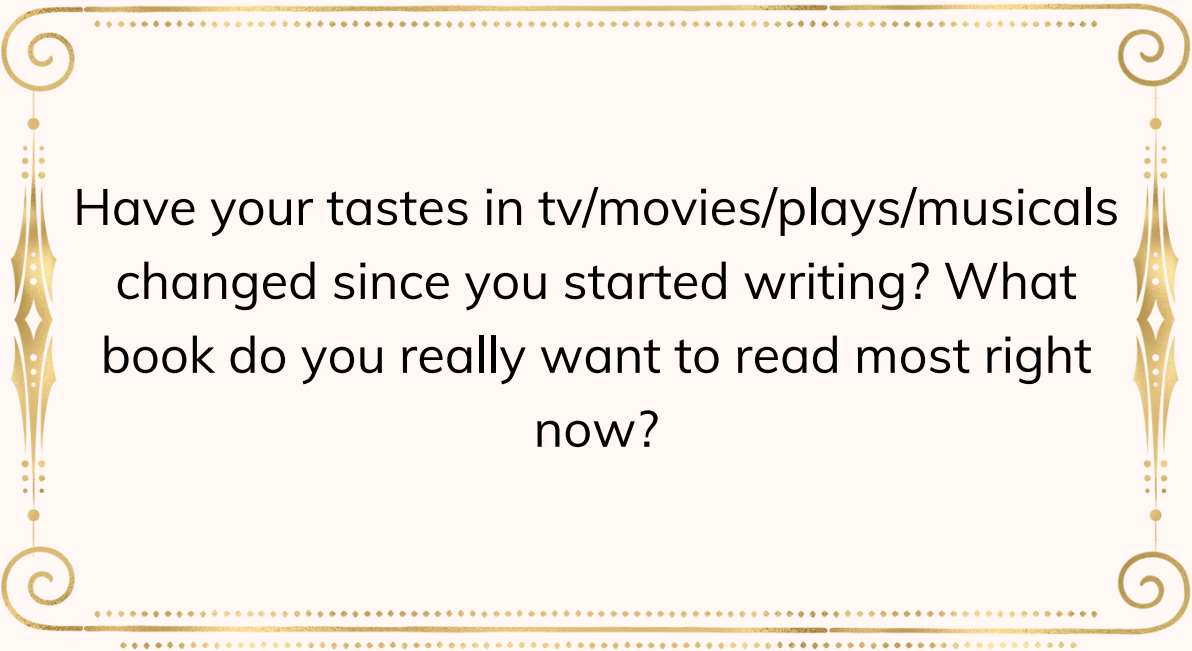
Gush over another author who is not a friend
but who you want to become friends with one
day. The sky is the limit here.



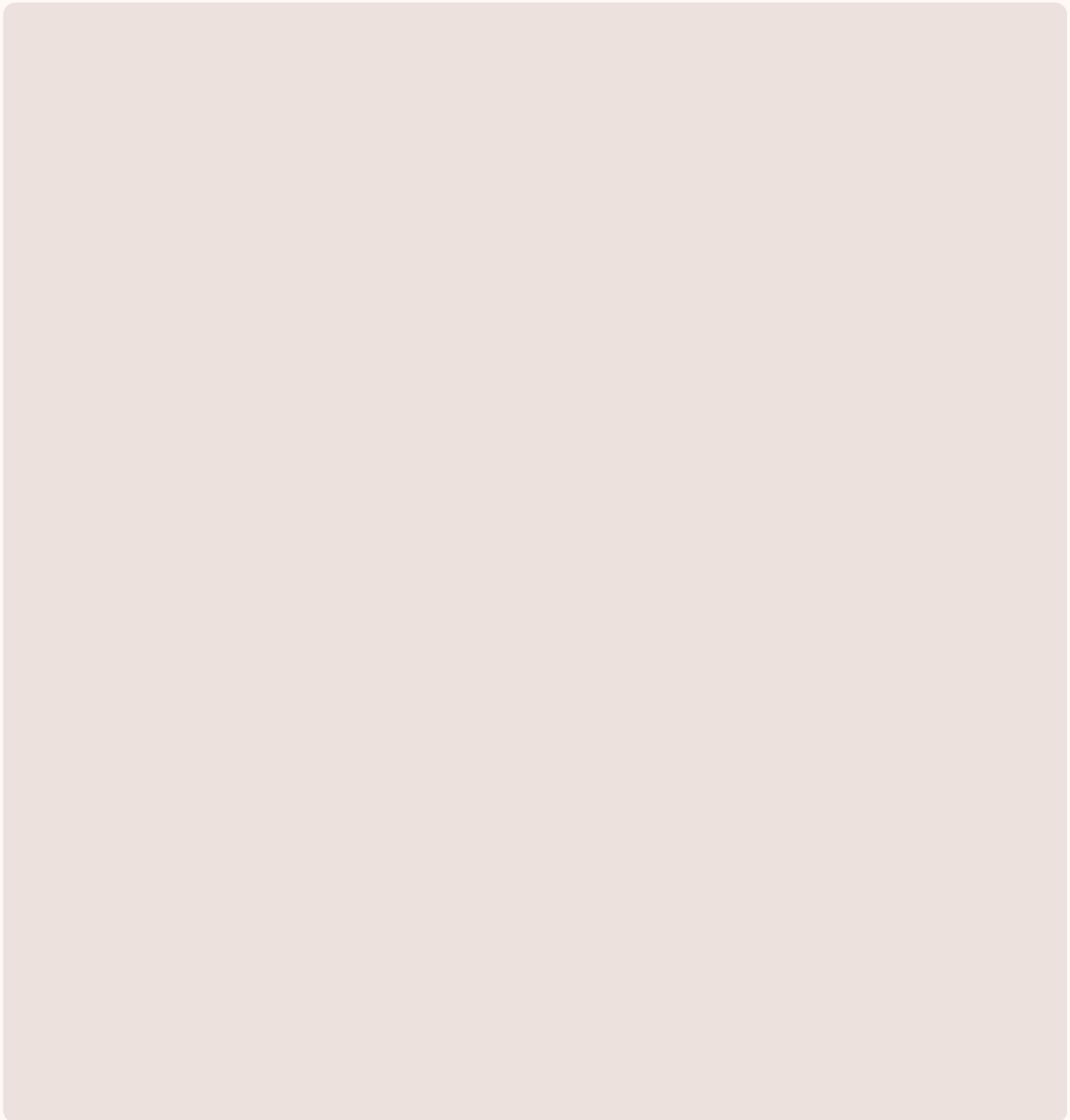


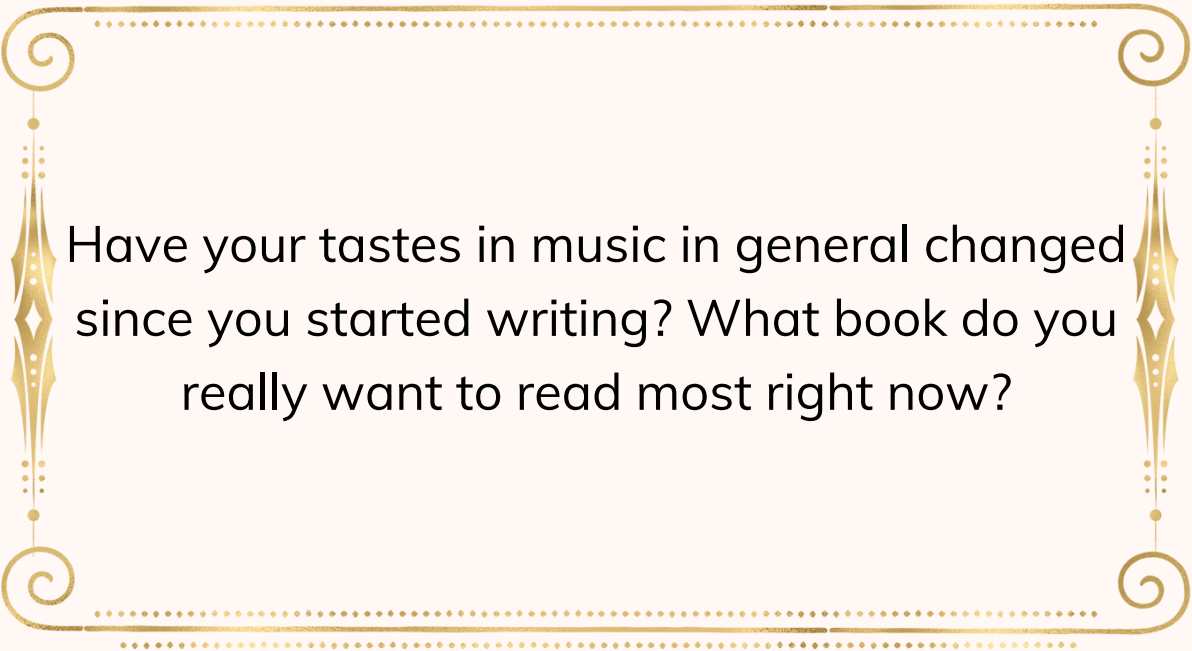
Have your tastes in reading changed since you started writing? What book do you really want to read most right now?



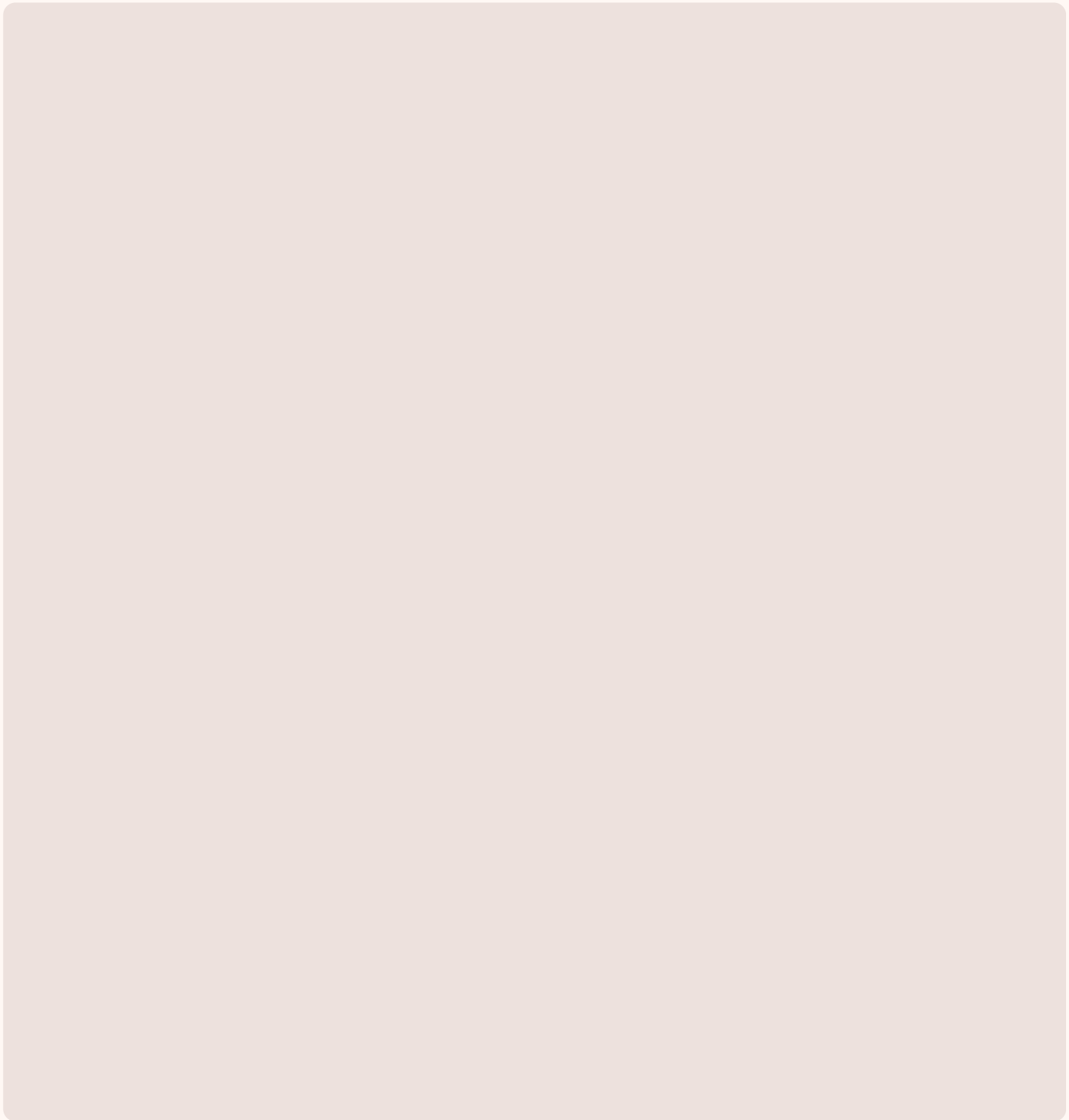


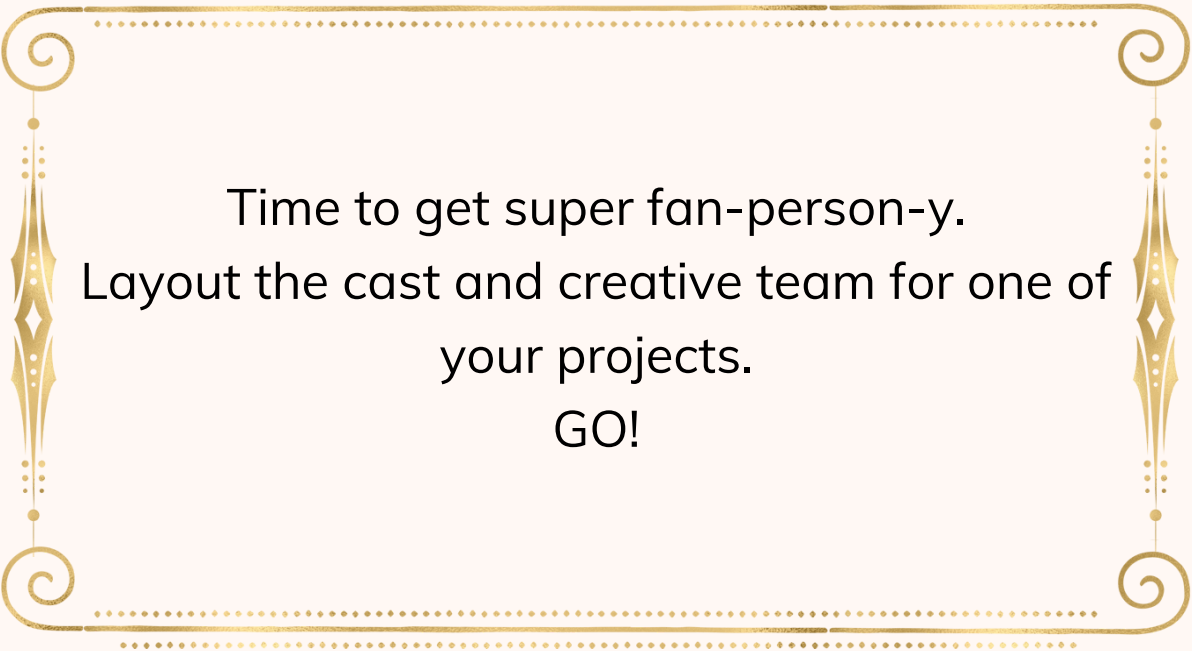
Have your tastes in tv/movies/plays/musicals changed since you started writing? What book do you really want to read most right now?



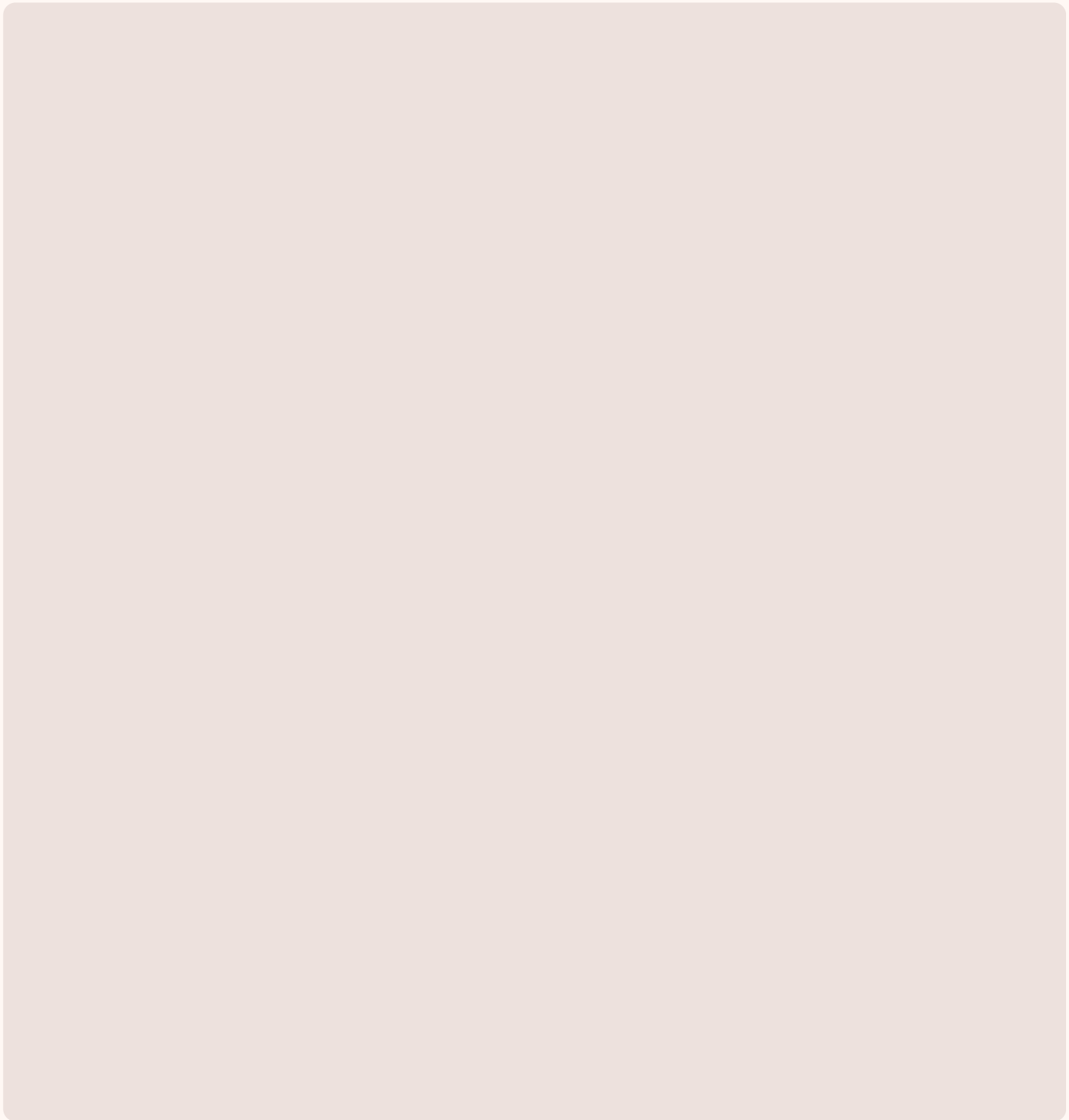


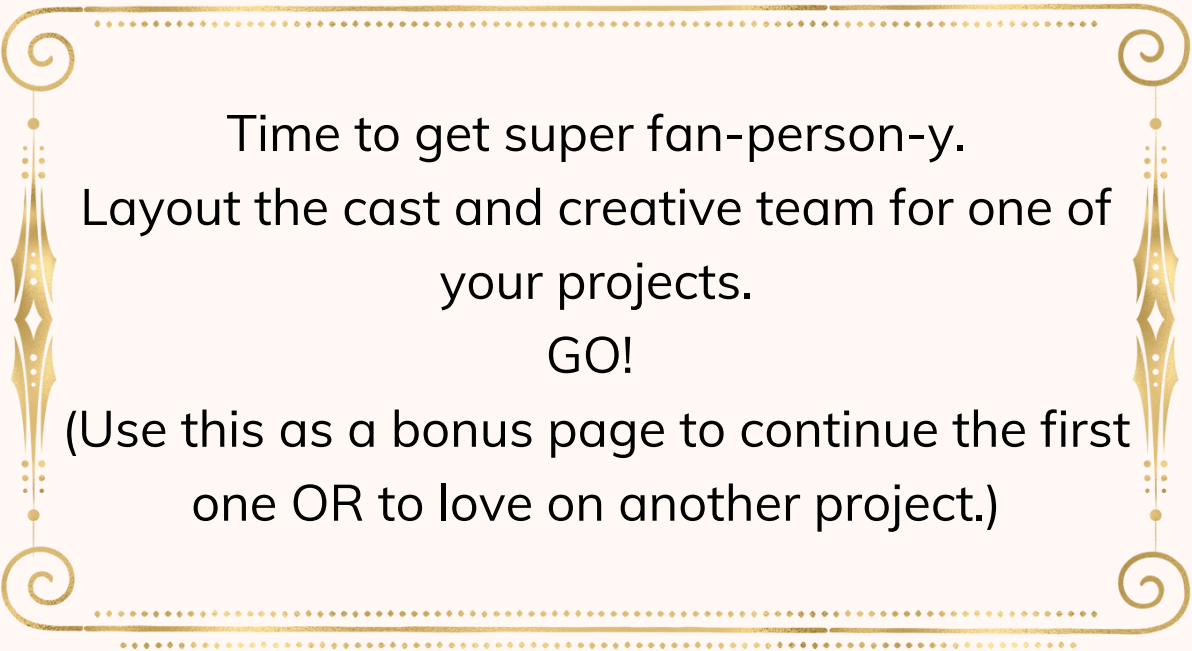
Have your tastes in music in general changed since you started writing? What book do you really want to read most right now?





Time to get super fan-person-y.
Layout the cast and creative team for one of
your projects.
GO!

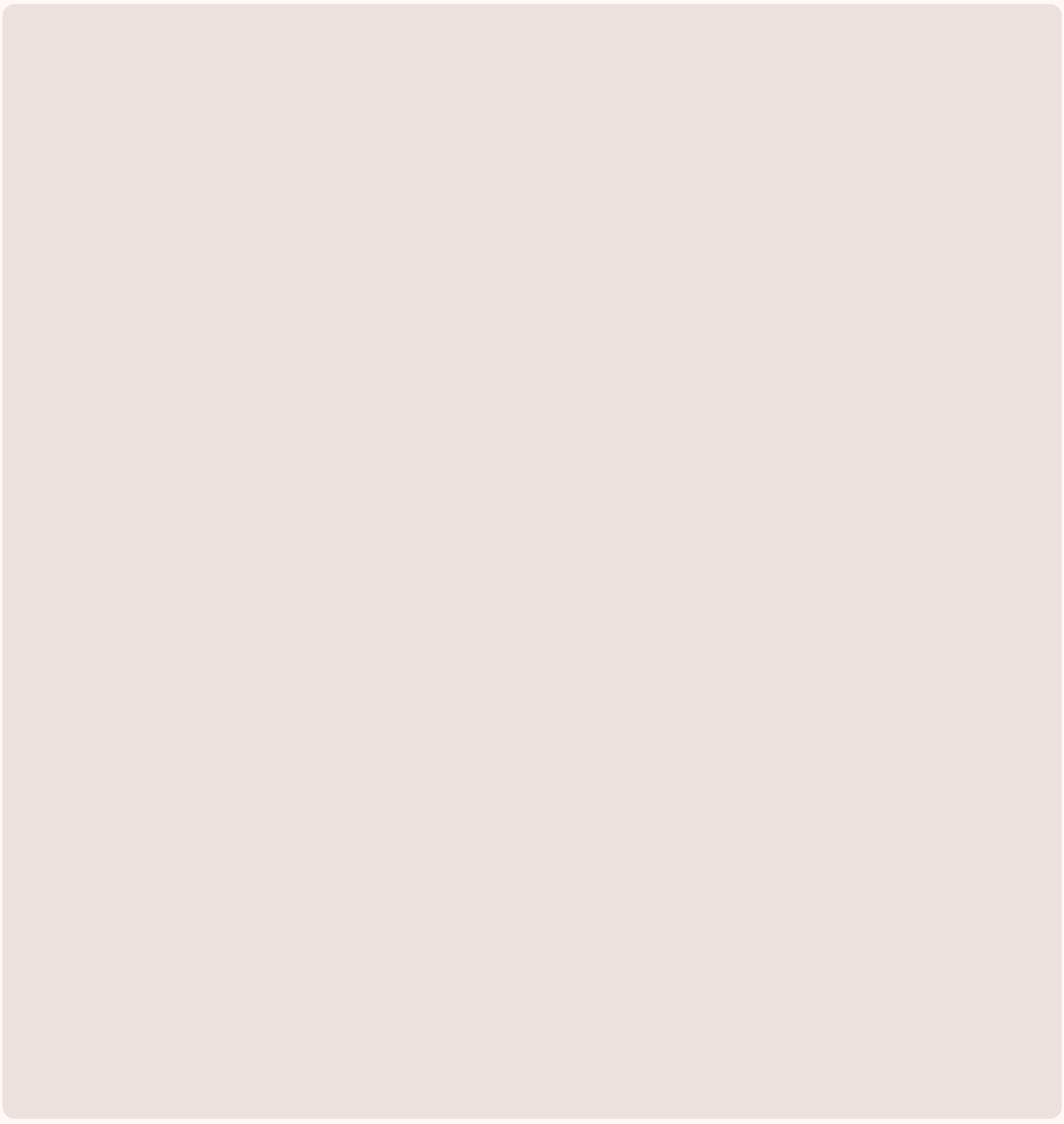


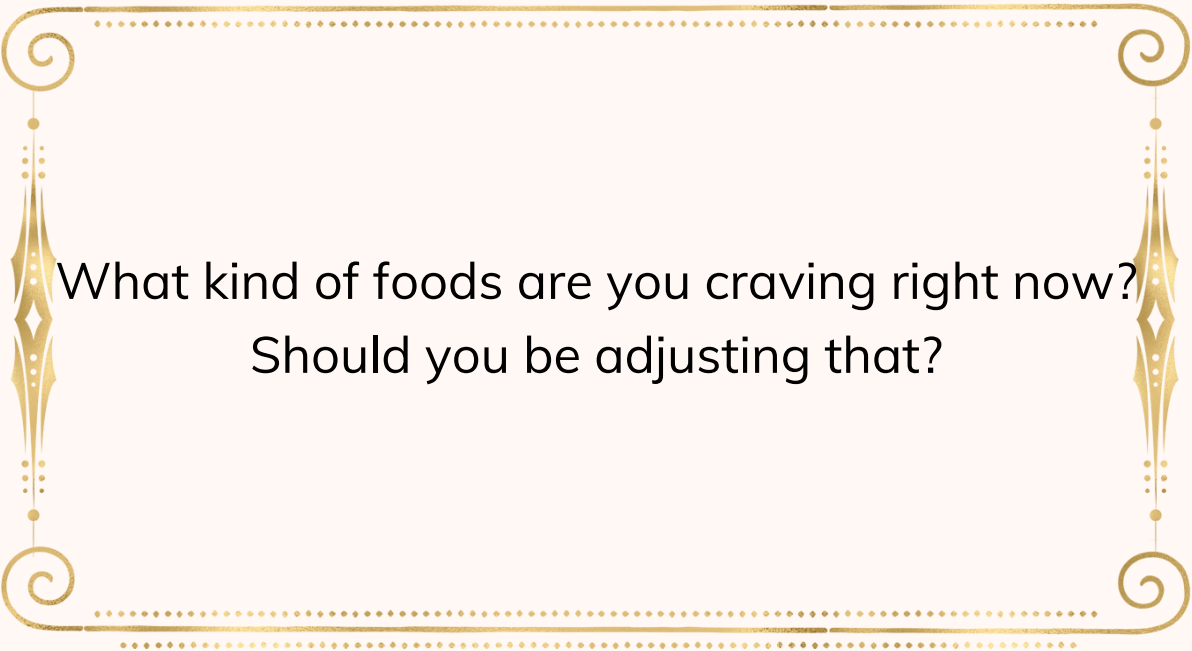


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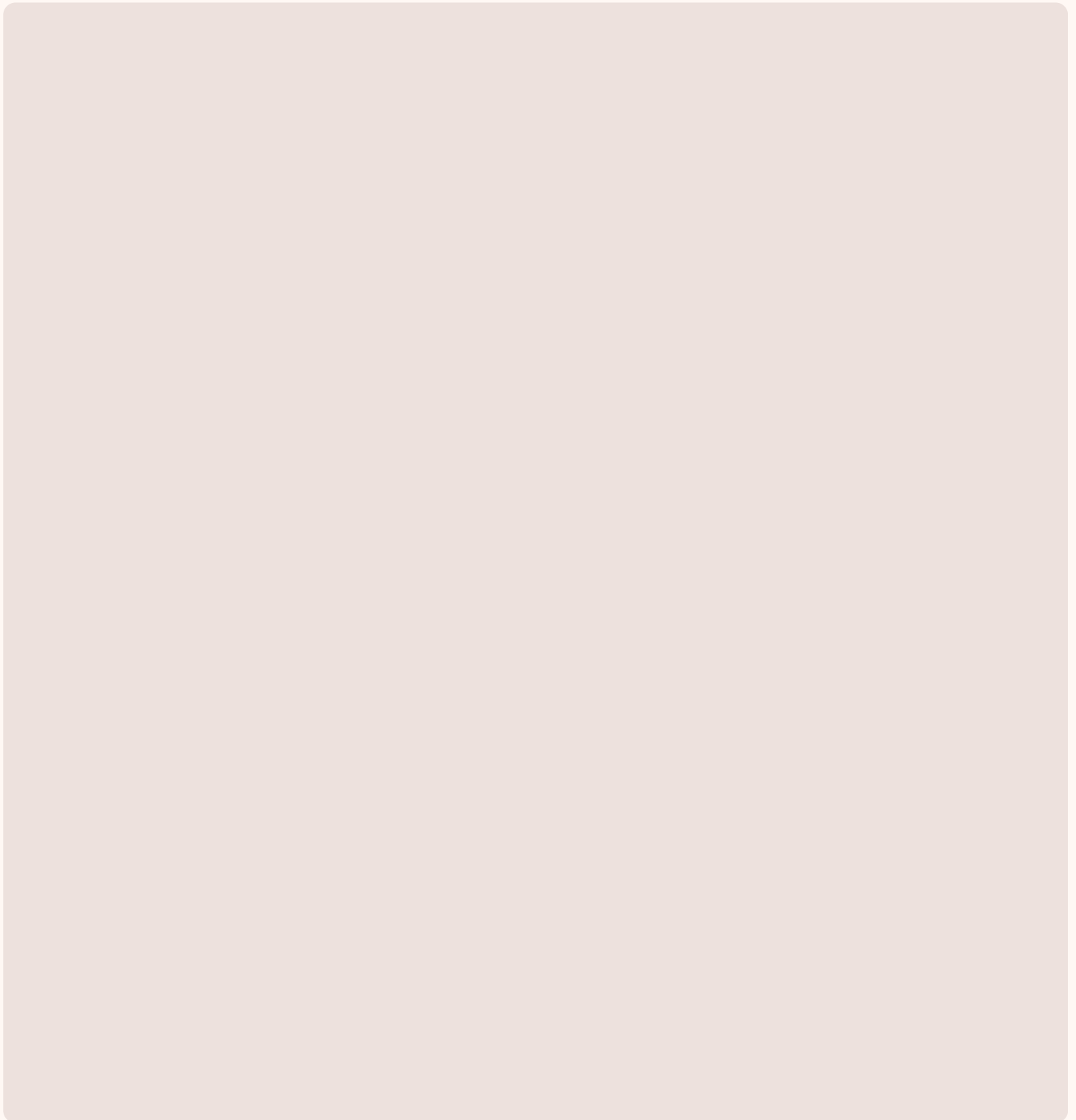
GO!

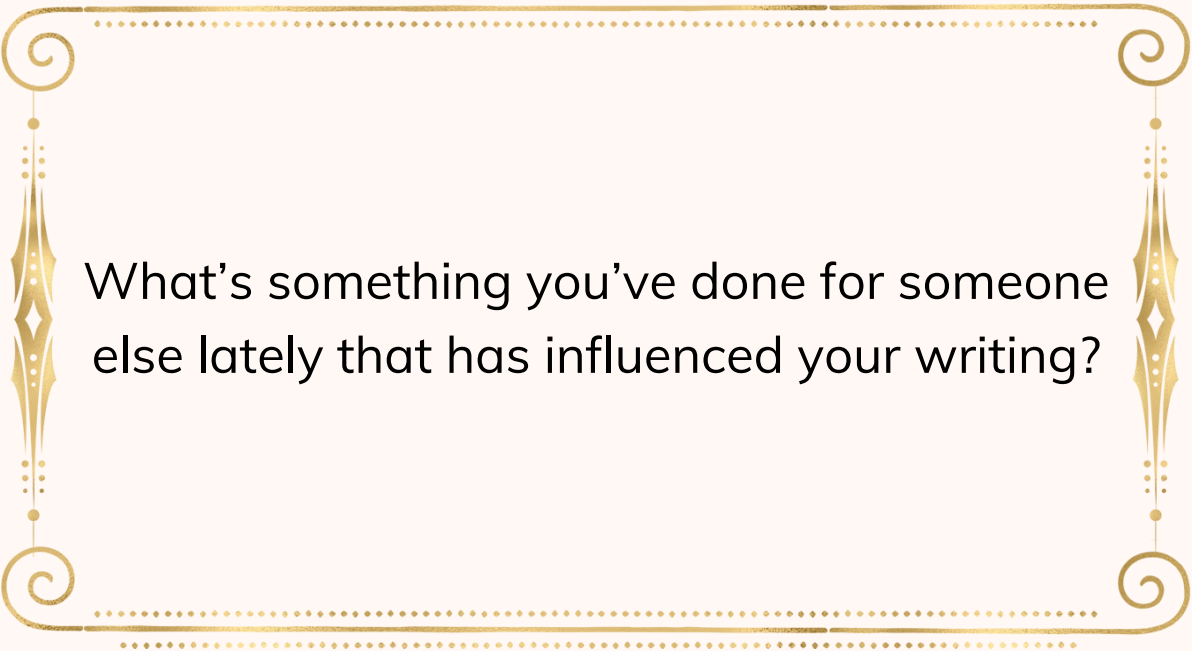
(Use this as a bonus page to continue the first
one OR to love on another project.)





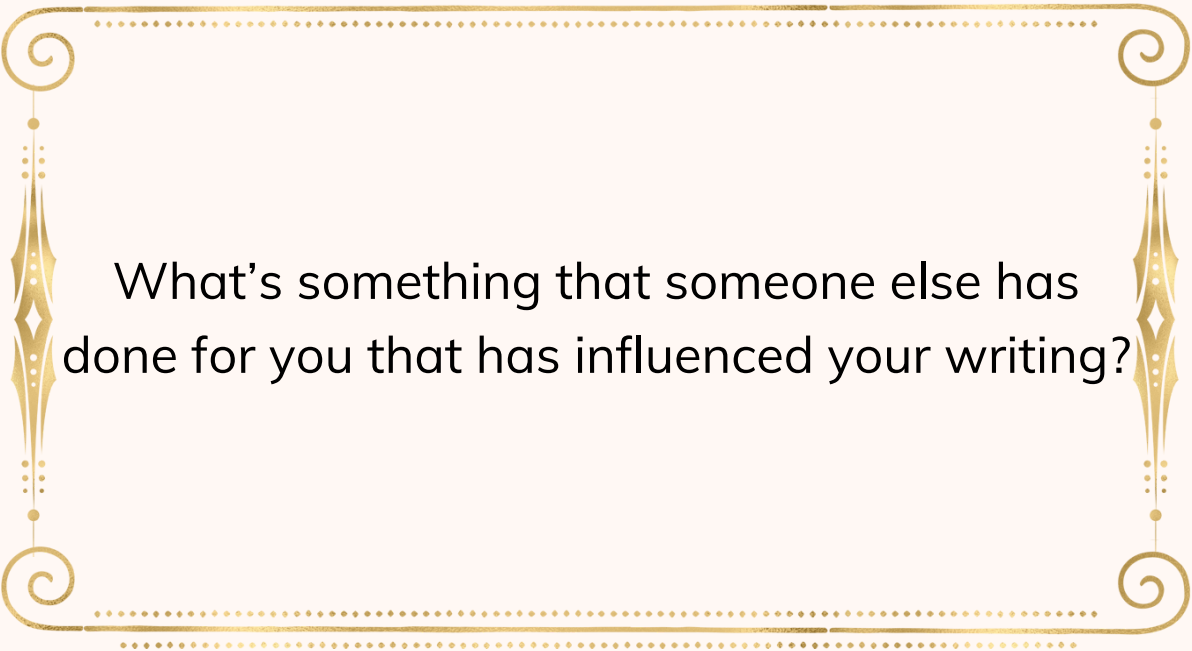
What kind of foods are you craving right now?
Should you be adjusting that?





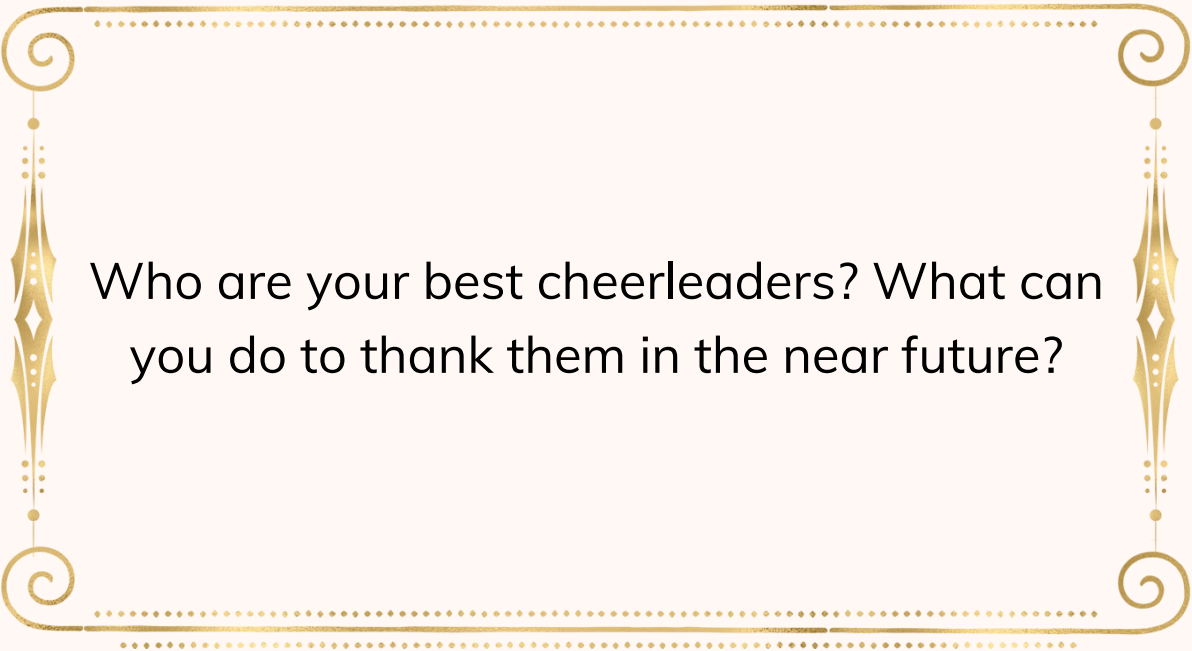
What's something you've done for someone else lately that has influenced your writing?



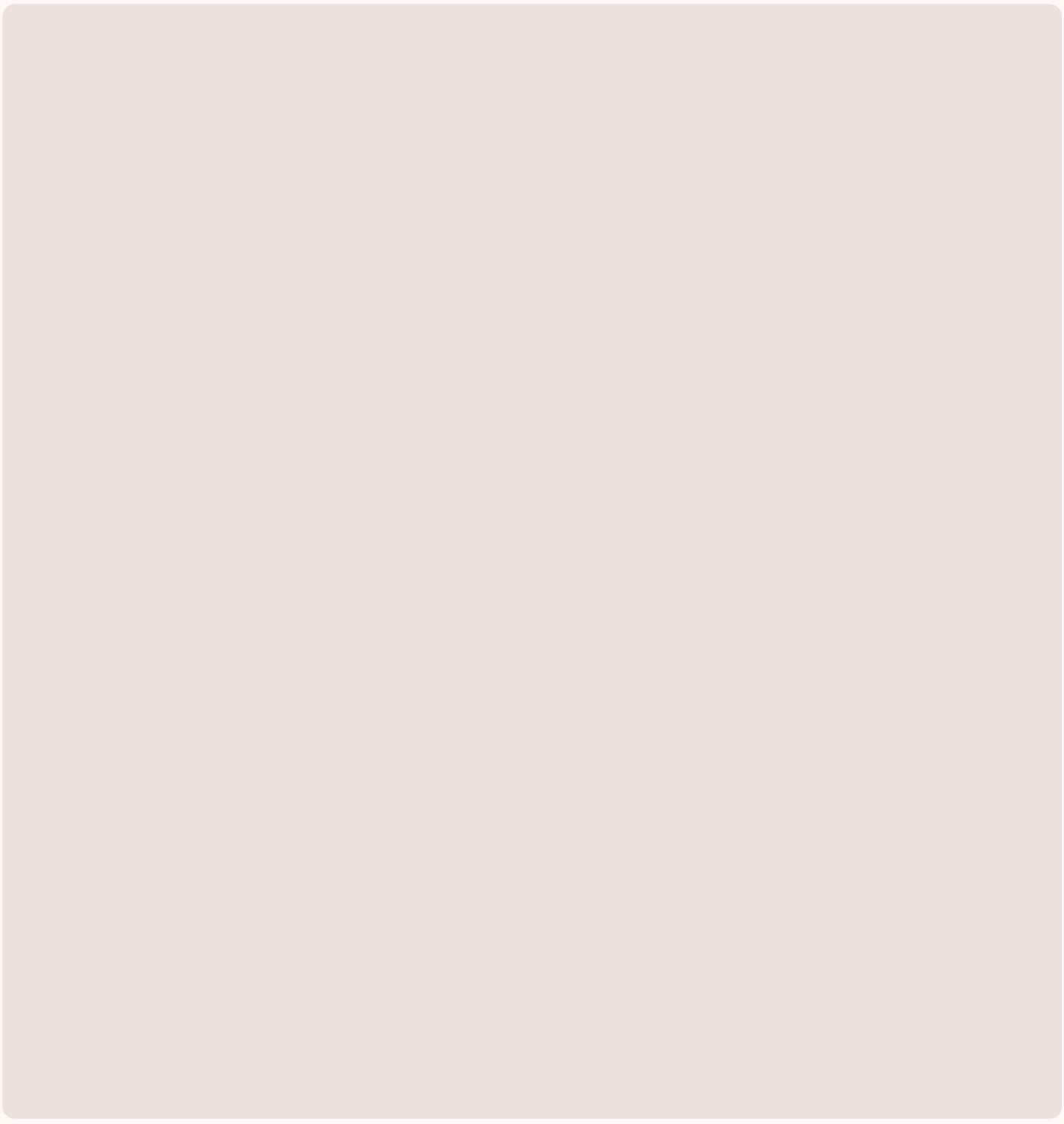


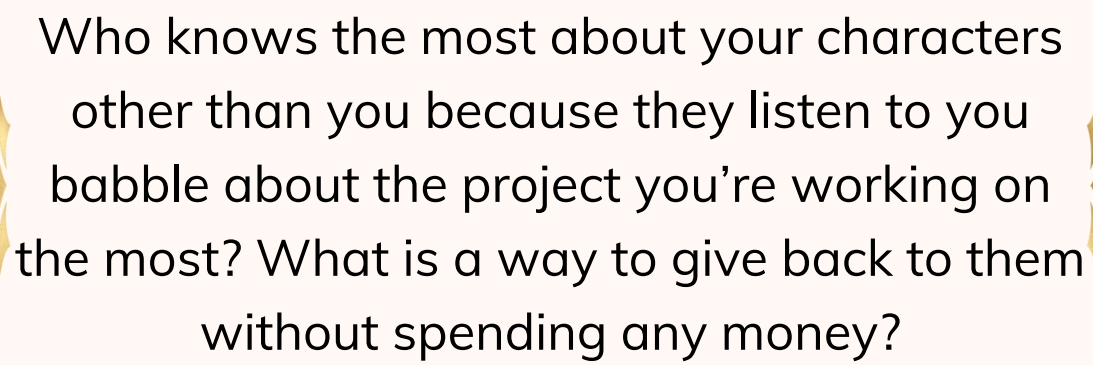
What's something that someone else has
done for you that has influenced your writing?



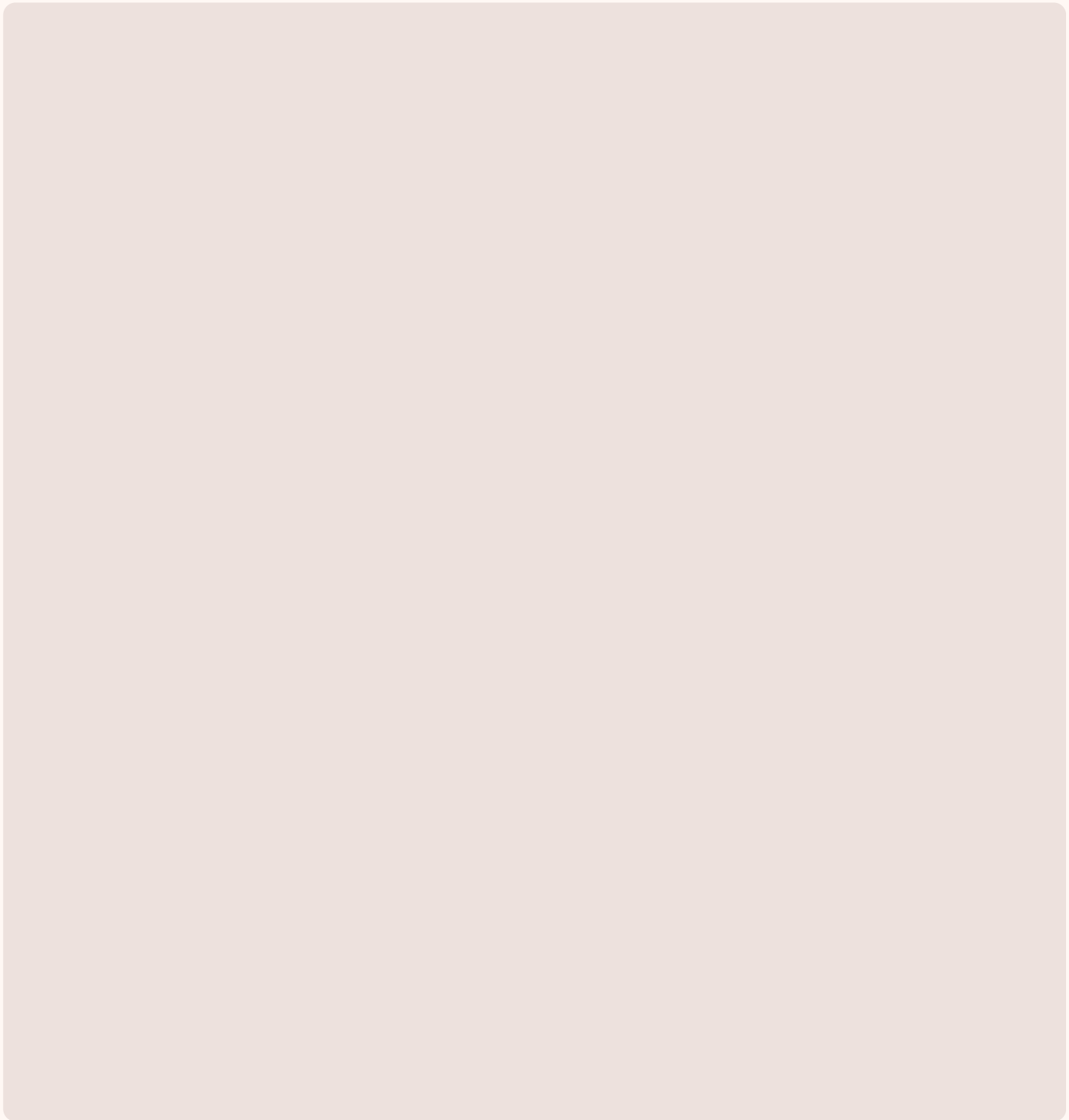


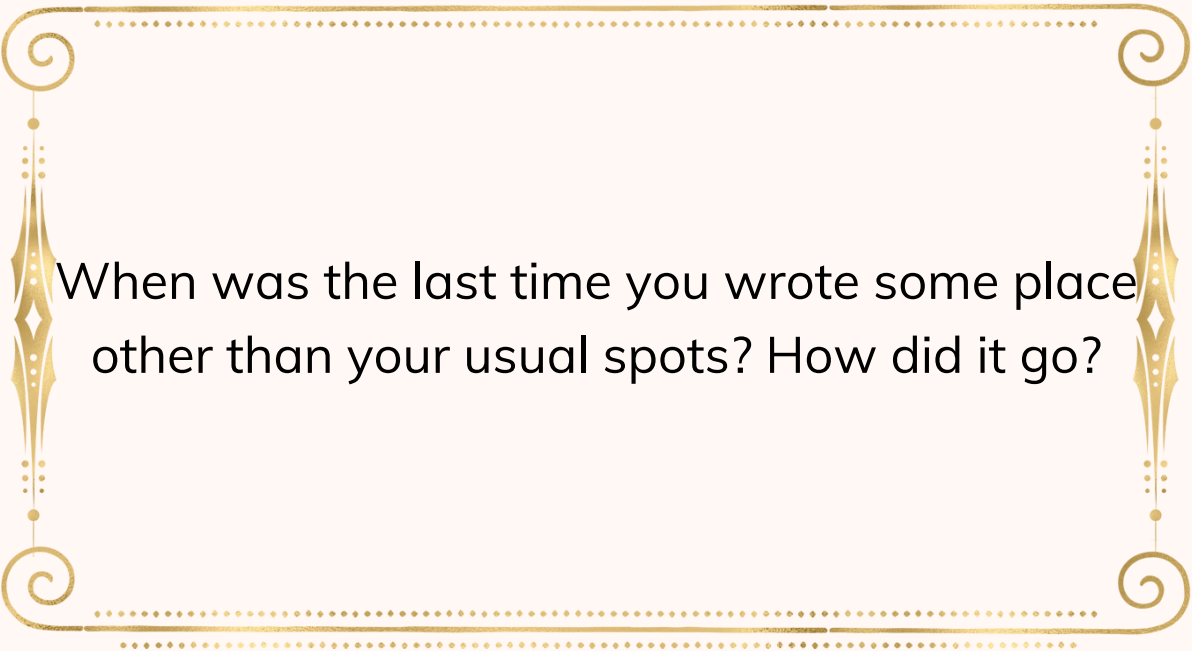
Who are your best cheerleaders? What can you do to thank them in the near future?



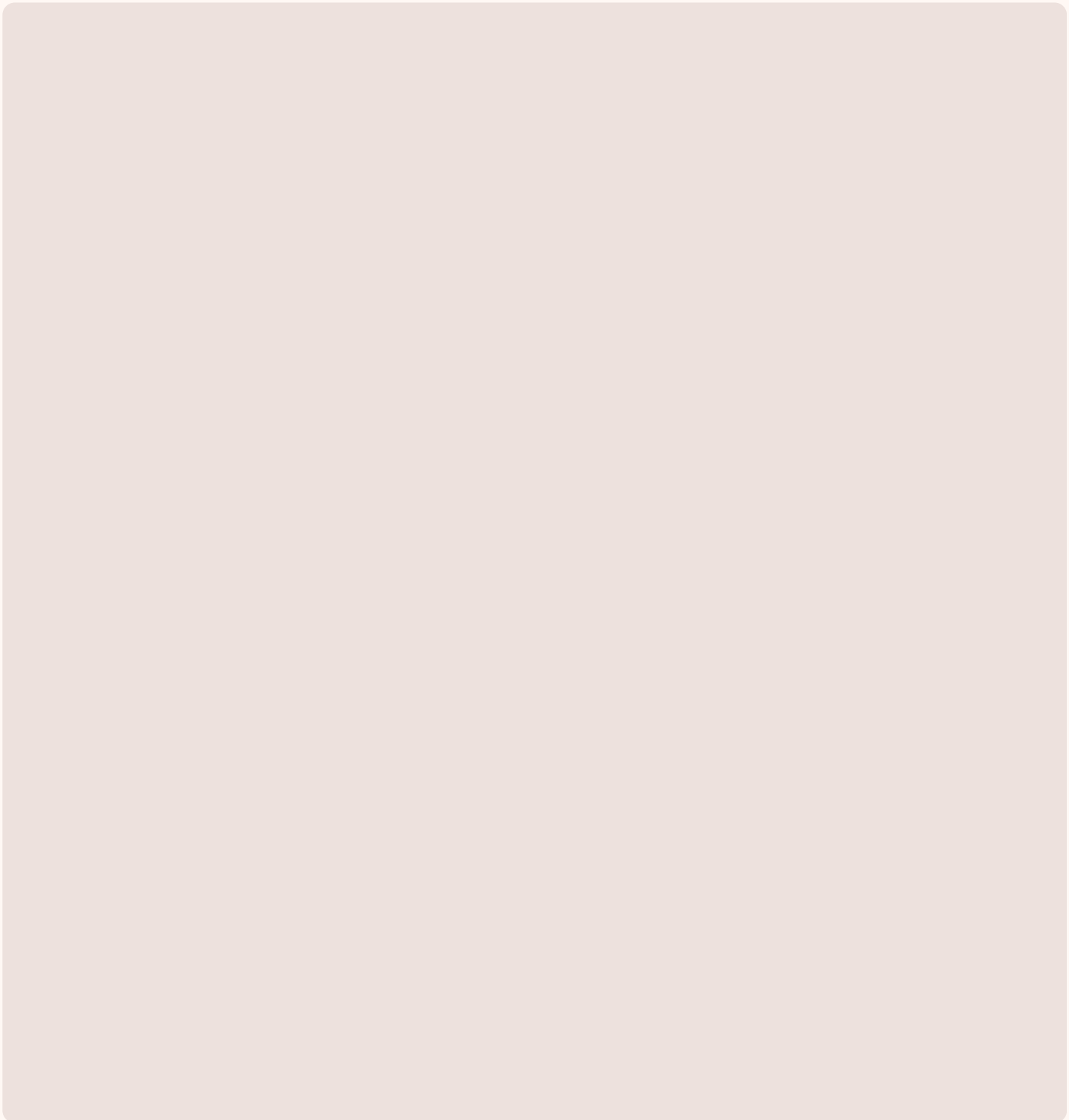


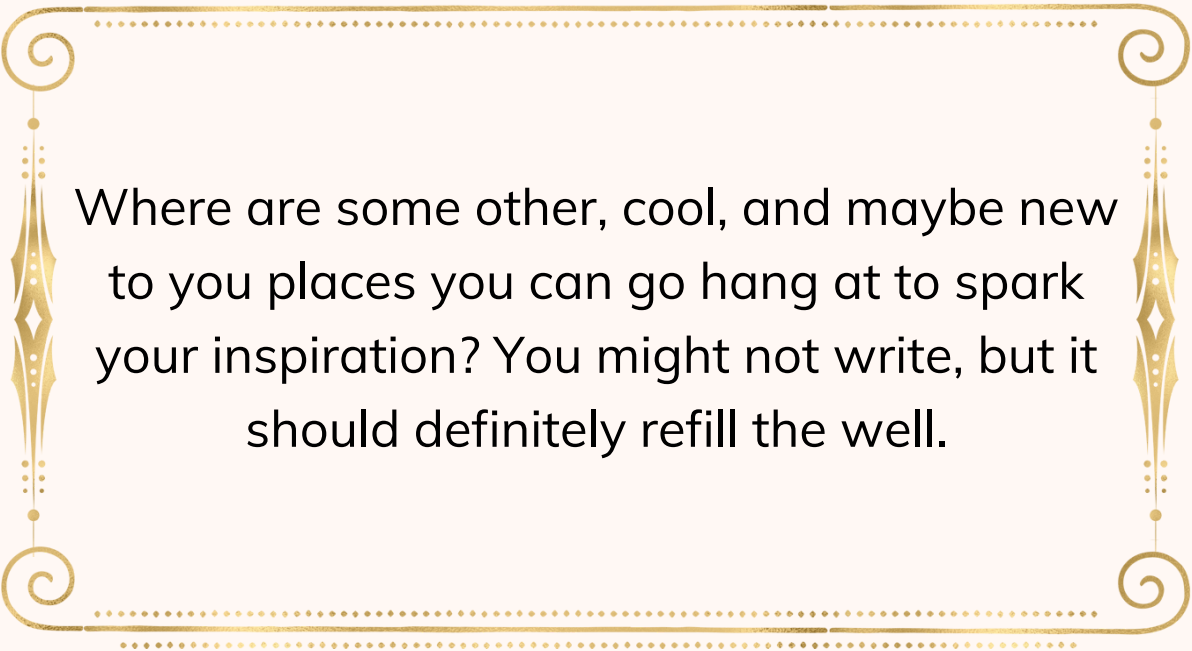
Who knows the most about your characters other than you because they listen to you babble about the project you're working on the most? What is a way to give back to them without spending any money?



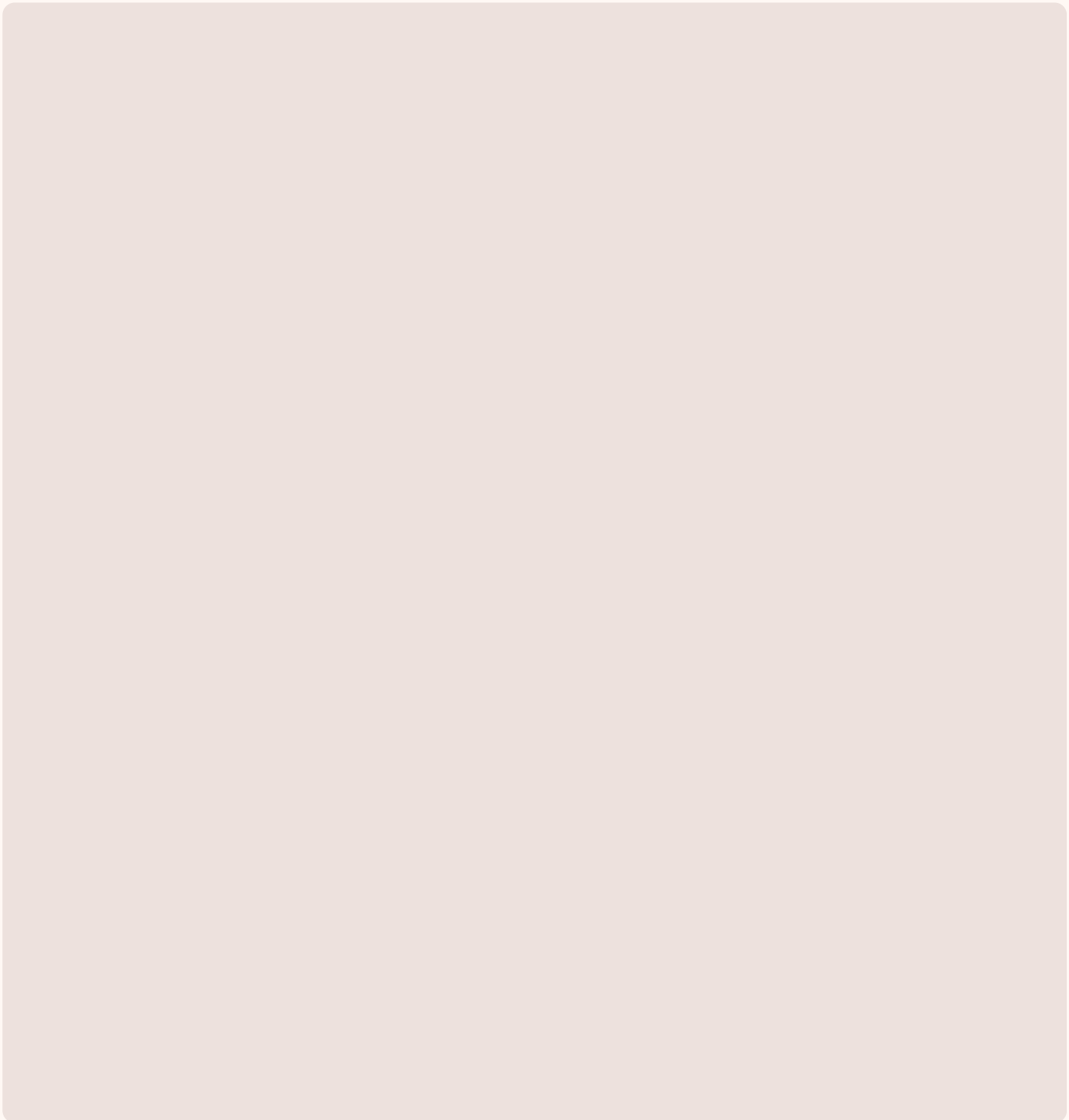


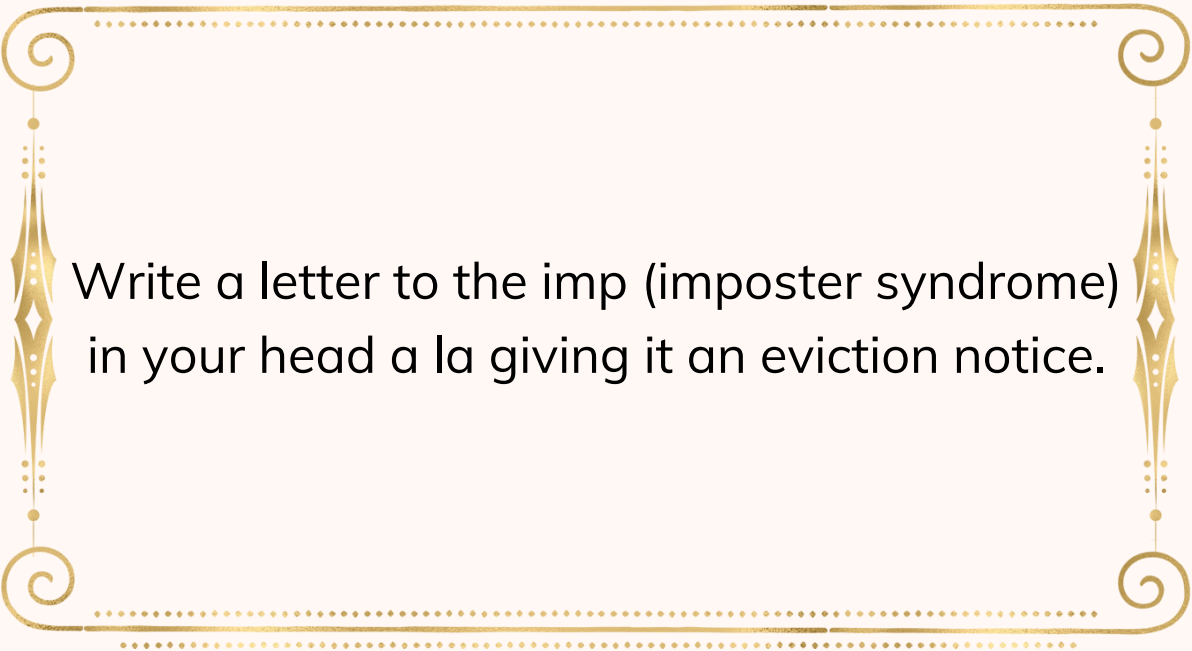
When was the last time you wrote some place
other than your usual spots? How did it go?



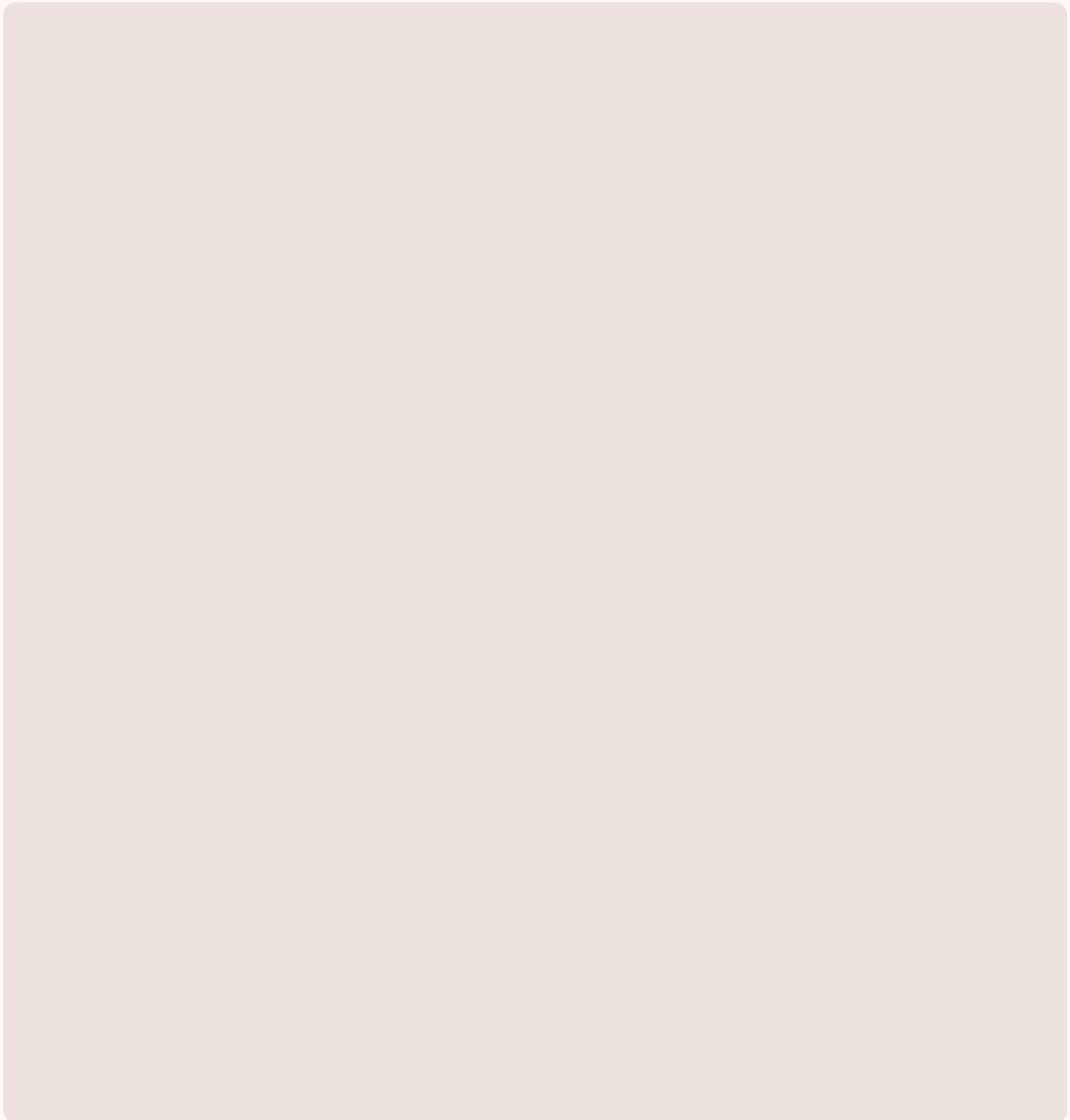


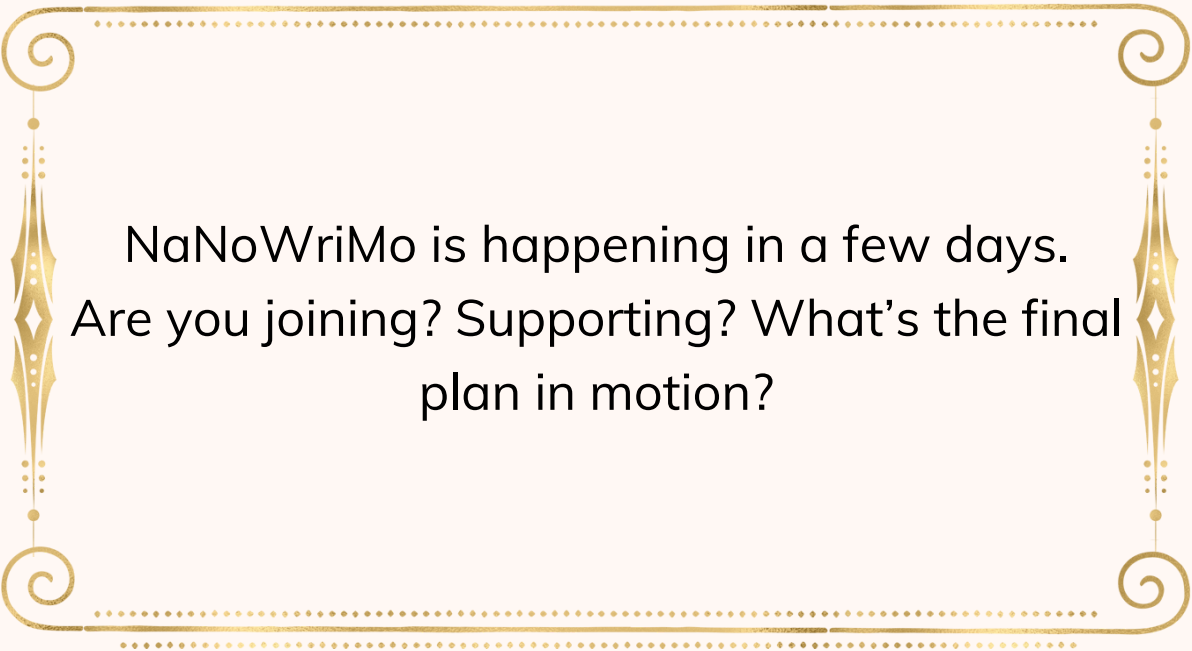
Where are some other, cool, and maybe new to you places you can go hang at to spark your inspiration? You might not write, but it should definitely refill the well.



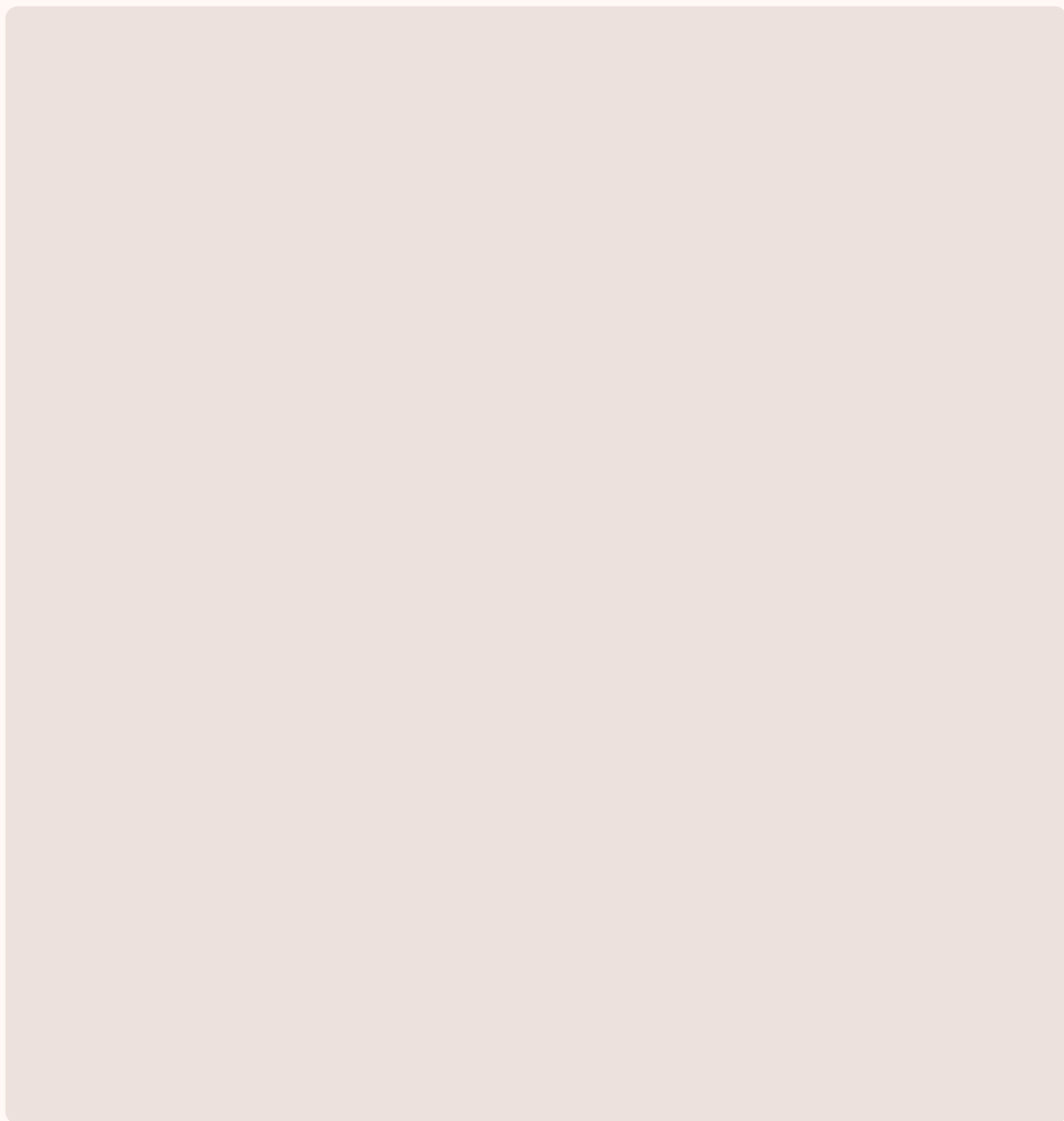


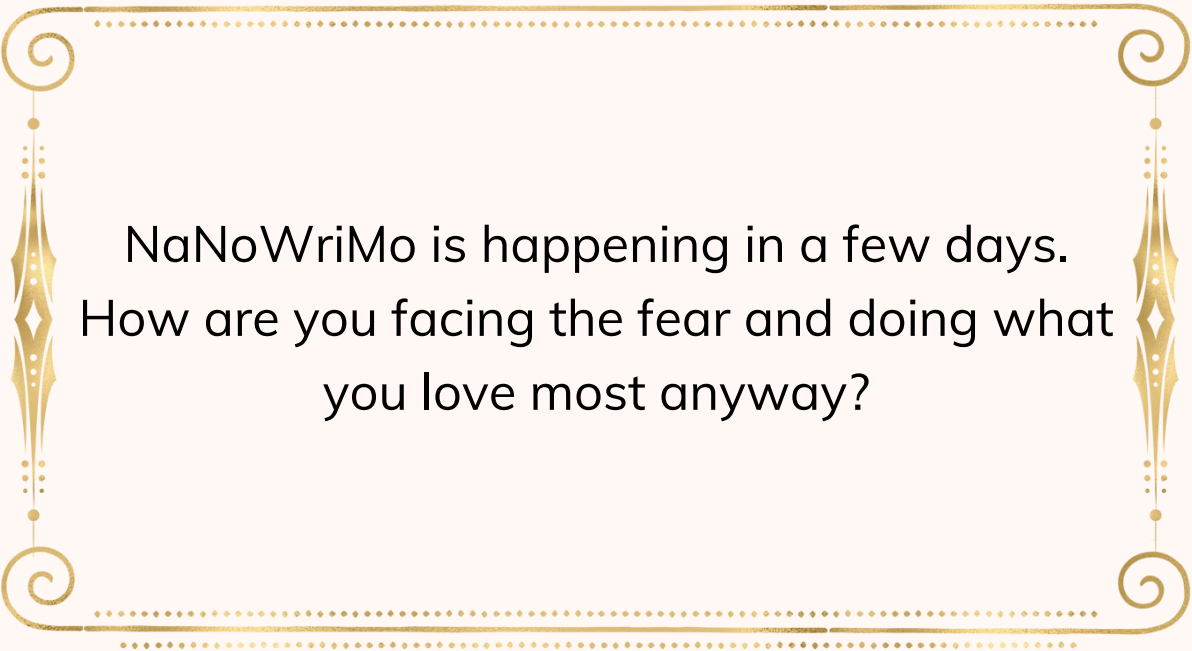
Write a letter to the imp (imposter syndrome)
in your head a la giving it an eviction notice.



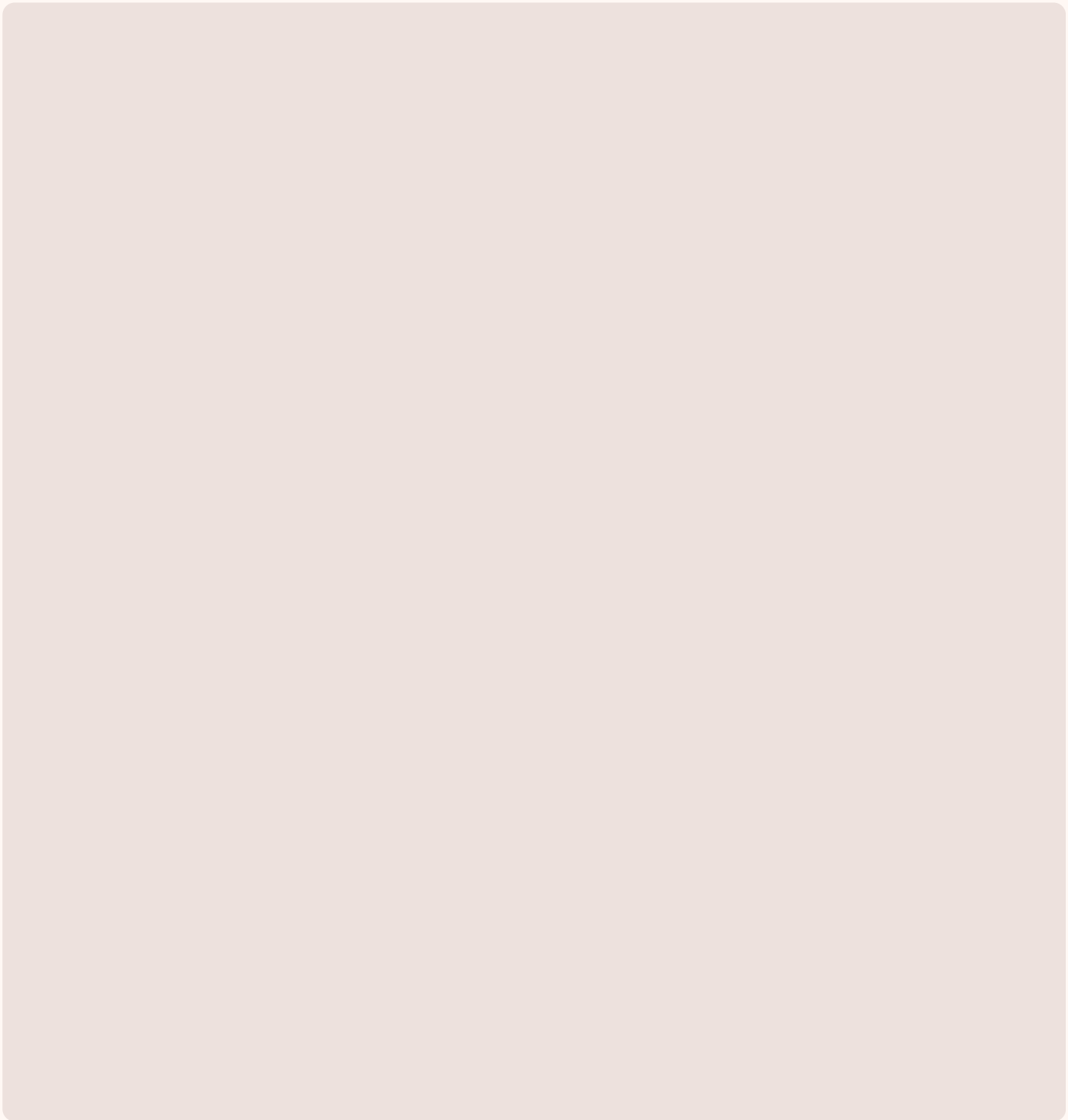


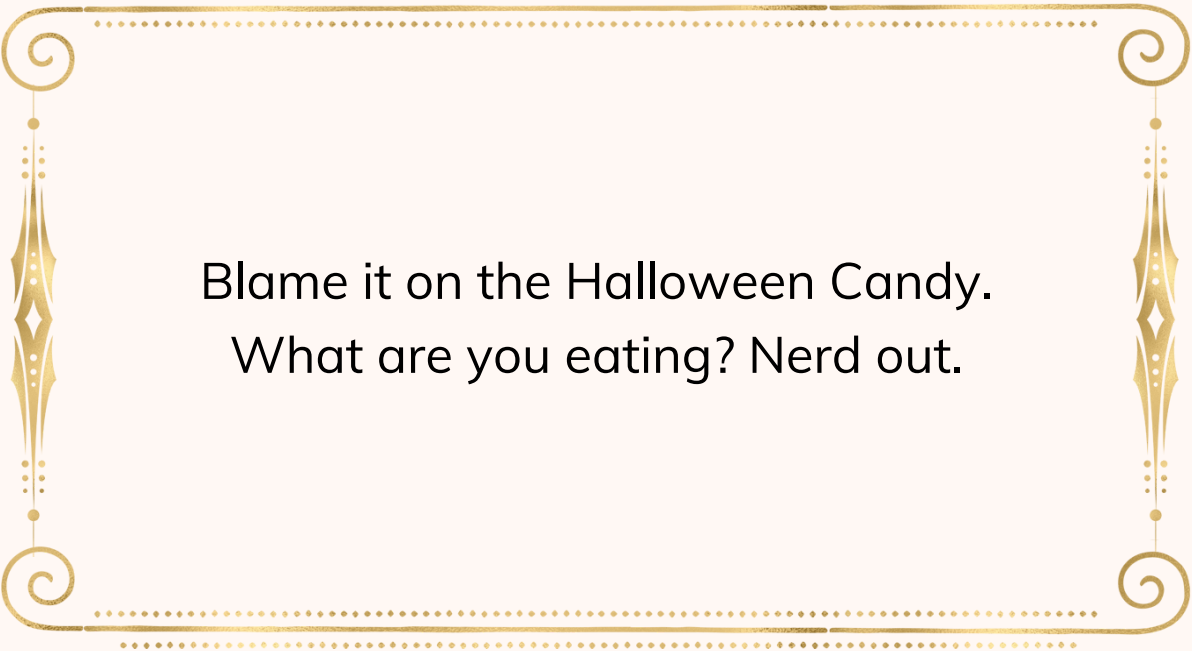
NaNoWriMo is happening in a few days.
Are you joining? Supporting? What's the final
plan in motion?



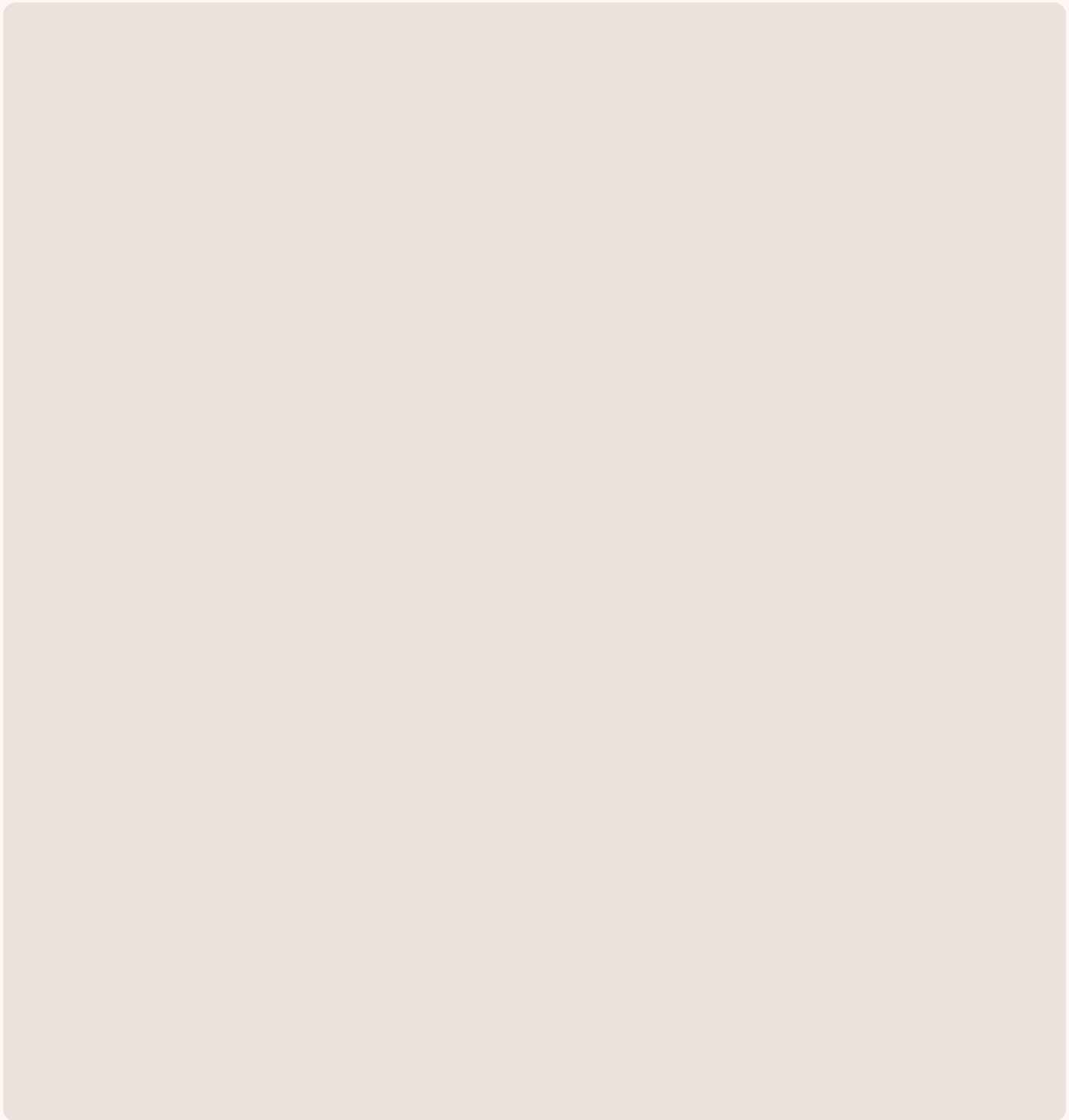


NaNoWriMo is happening in a few days.
How are you facing the fear and doing what
you love most anyway?





Blame it on the Halloween Candy.
What are you eating? Nerd out.



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