**Hand-out for Writers   
  
*How do get ideas? Inspiration, Intuition, Imagination*  
- Have no inhibitions ‘outwit the inner policeman’ – say what you want to say   
  
- train yourself to respond to experiences alert to their creative potential  
  
- ‘observe, observe, observe’ trust your viewpoint, vision, imagination, intuition  
  
- reading ‘creative reading leads to creative writing’   
  
- postcards, photos, movies, tv, radio, internet – all can inspire and teach  
  
- conversation – eavesdrop, listen for stories that appeal to you, listen to your own thoughts  
  
- writing – ‘write worse to write better’ writing generates ideas, write down rhythmic phrases  
  
- Know what motivates you, your passions, write about them again and again.  
  
 *Writing Process Recording Creative Reporting*- Be determined to write – don’t wait for ideas; regular practice, schedule writing time**

**- free-flow writing, get words down, don’t edit, from writing ideas emerge, cathartic out-pourings  
  
- recording in note books, catch the moment! – some use a tape recorder  
  
- Experiment with different forms, broaden your range of response to different stimuli – try short, longer, sonnet length, prose poems, miniatures, sequences, non-rhyming, rhyming styles.   
  
 *Satisfying Conclusions A publishable piece of work*- Assume every piece can be improved ‘Take a sad song and make it better’  
  
- Editing, read aloud, listen to your voice, hear what’s wrong, willing to cut, change, rearrange  
  
- learn about your writing – be detached from it, leave in fallow for a time then re-assess  
  
- ask if the piece is interesting enough – fictionalise, escape from reality, use other senses  
  
- workshopping, gaining feedback, listen to advice, send to editors – some editors comment  
  
- use tools like thesaurus, dictionaries, try different words, seek words that resonate in the poem  
  
- research – learning more about the subject releases new ideas, new language, specialist terms  
  
- Listen to your poem – what is it saying? – it may lead to something greater than you ever imagined. Paul Abdul Wadud Sutherland**