

Natural Resources FOUNDATION

of Wisconsin



Prompts for Freewriting Nature and Place

- ✓ I am from...
- ✓ Here I am again...
- ✓ You can't go ___ again...or can you?
- ✓ The trouble with nature is...
- ✓ You could call my home...
- ✓ Some part of me never left...
- ✓ I've always loved (month or season)...
- ✓ I've always struggled with (month or season)...
- ✓ The place that made me...
- ✓ If wildlife could speak my language...
- ✓ Look for me somewhere between ___ and ___.
- ✓ The landscape of my dreams...
- ✓ If my childhood were a tree...
- ✓ "Our attachment to the land was our attachment to each other."
-Terry Tempest Williams, *Refuge*
- ✓ There's more than one home when...

Books on Writing

- *The Artist's Way: A Spiritual Path to Higher Creativity* by Julia Cameron
- *Big Magic: Creative Living Beyond Fear* by Elizabeth Gilbert
- *Bird by Bird: Some Instructions on Writing and Life* by Anne Lamott
- *If You Want to Write: A Book About Art, Independence and Spirit* by Brenda Ueland
- *The Writer's Journey: Mythic Structure for Writers* by Christopher Vogler
- *Writing Down the Bones: Freeing the Writer Within* by Natalie Goldberg

E-mail Subscriptions for Writers

- The Writer's Almanac: <https://mailchi.mp/5f89a17d8420/writersalmanac>
- Brain Pickings: <https://www.brainpickings.org/newsletter/>
- A.Word.A.Day: <https://wordsmith.org/awad/>
- Britannica's *On This Day*: <https://www.britannica.com/on-this-day>

Habits to Nourish Creativity

- Freewriting
- Time in nature
- Walking
- Play, humor, and silliness
- Yoga
- Meditation
- Experiencing and supporting the work of other artists