

Write in the Beat

MARGARET WAGNER

Your Week of Inspiration and Creation

Use these suggestions to play, experiment, and have fun!



MONDAY

Dance.

Play your favorite song, dance, or sing—anything to get your heart pumping! Move behind the grocery cart, in your yard, or even in your office bathroom stall.

TUESDAY

Write for 90 seconds.

Start with the phrase “From my perspective...” and write for 90 seconds without stopping. Write whatever comes to mind, an unedited stream-of-consciousness. If you are feeling adventurous, send your writing to a friend and ask for their 90-second response using the same prompt. Experiment with different prompts.

Get Started: Here are some writing drop off points...

glide

push

see

knead

blue

method

whistle

how

a secret I have

rustle

history shows

respect

WEDNESDAY

Name what you feel and move with it.

Take a minute to label how you feel today, whether it's frustration, excitement, sadness, etc. Now get creative: if your feeling had a shape, what would it be, and where is it in your body? Turn that shape into a repetitive movement which grows larger, then smaller.*

THURSDAY

Cultivate a beginner's mind.

Notice one thing for each sense: for example, see a flower in the pavement crack, smell wet leaves, taste a slice of lemon, feel soft gloves, listen to the noon-day horn. Shake up your pattern with something new: play a video game with your tween or make rutabaga for dinner.

FRIDAY

Tap into gratitude.

List ten things you're grateful for—maybe it's your raincoat, your pencil, or the sound of your car engine starting.

SATURDAY

Doodle.

Trace your hands or feet. Make at least three pairs. Fill in the interior space of some of them with shapes, patterns, or words. On others, use your non-dominant hand to embellish the space outside of the perimeter.*

SUNDAY

Count your breaths.

Inhale and exhale as fully as you can, and repeat five times. Play with the speed: do it slowly to calm yourself or forcefully to rev up your energy. Try inhaling for four counts and exhaling for eight, and vice versa.

Now celebrate!

You've done something wonderful for yourself. By nurturing your creativity, you can shift your mood, your outlook, and even your productivity. Which of these exercises will you repeat next week... and the week after?

Let me know...

Which activities worked best for you?

What surprised you? I always love to get feedback:

email me at margaret@MargaretWagner.com

with your thoughts.

Margaret



*Idea for these exercises adapted from Open Floor's movement curriculum (openfloor.org) and Sarah Davies' Dance Your Art Out (waveofenergy.co.uk).