Your First Steps as a Writer

A Starter Workbook for New Writers

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Welcome

“A good friend once told me, ‘You don’t have to be a writer to write — you just have to have something to say.’” That truth removes the pressure of titles and replaces it with purpose. If you’re here, something inside you wants to be expressed.

Reflection Exercise 1: Why Do You Want to Write?

Why do I want to write?

What is it that I want to say?

Is there a story that won’t leave me alone?

What message do I wish someone had given me earlier in life?

Encouragement for the Journey

You do not need permission to begin. You do not need a degree. You do not need a publishing contract. You do not need to call yourself a writer. You only need courage and honesty. Every writer begins uncertain. Growth comes from practice — not perfection.

Writing Prompt: Find Your Voice

Set a timer for 10 minutes. Complete this sentence: “What I wish more people understood is…” Do not stop writing. Do not edit. Do not reread until the timer ends. When finished, underline one sentence that feels true. That sentence may be the beginning of your voice.

Final Thoughts

Remember: The world does not need more perfect writers. It needs more honest ones. Start where you are. Say what you mean. Keep going. — Dr. Elsa John Hope In Ink