



Writing Habit Tracker

Take the stress out of writing for a finished project and strengthen your writing muscle memory with this low-pressure visual tool for creating a consistent, low-stakes daily writing routine.



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Writing is a skill that grows with practice, and one of the best ways to become a better writer is to schedule short, low-pressure writing sessions. If you usually write for assignments or projects, this can be a refreshing change of pace! Whether your goal is to improve your daily communication skills, develop a specific style of writing, or even write a novel, this easy-to-use Writing Habit Tracker will help you focus on the process of writing, rather than the finished product.

Writing Habit Idea Bank

- **Daily Journaling:** Write about your day, your thoughts, or recent experiences.
- **Creative Writing:** Use your imagination!
- **Magazine:** Choose a topic you find interesting and write it up as a feature piece.
- **Poetry:** Capture a feeling, image, or idea in the form of a poem.
- **Descriptive Writing:** Choose a person, place, or object and brainstorm vivid words to describe it.
- **Music Review:** Listen to an album and write your honest take on it.
- **Dialogue:** Write a conversation between two characters.
- **Photo Description:** Choose a photo and describe it in as much detail as possible.
- **Movie Review:** Review a film you've recently watched.
- **Historical Scene:** Research a time period and write a scene set in it.
- **Comic Strip:** Write and draw a short comic strip.
- **Writing Prompt:** Find a list of prompts and select one to respond to each session.
- **Blog Post:** Write a personal or topic-based blog entry.
- **Script:** Write a scene for a movie, TV show, or play.
- **Setting Sketch:** Research a location and write a scene set there.
- **Letter:** Write a letter to an actor, musician, athlete, or someone who inspires you.
- **Read:** Choose something to read for **1 hour**. (The best writers are also readers!)

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- 1) **Set Up:** Choose some writing activities that inspire you and write each one at the top of a column. You can choose from the Writing Habit Idea Bank or create your own. Each writing session should only take about 15 minutes to complete.
- 2) **Daily Writing Sessions:** Each day, write the date in the left column, then check off the Writing Habit that you completed during that session. Remember, you only need to do one of these each day, and it should only take about 15 minutes.

Writing Habit				
Date				