

# 3-Step Writing Prompt



SMACK HAPPY

Fill in the blanks to create a list of topics that you'll enjoy writing about.

1

Begin by answering the question,  
***"What have I been avoiding lately?"***

If I'm being really honest with myself, what I've been avoiding lately has been

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I've probably been avoiding it ever since

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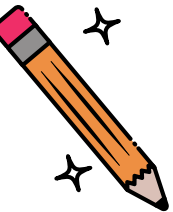
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Then answer,  
***"Where is my avoidance coming from?"***

2

My go-to excuse for not doing it has been

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But maybe I'm actually resisting it because

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## Example

If I'm being really honest with myself, what I've been avoiding lately has been **writing, in general**. I've probably been avoiding it ever since **shelter in place**.

My go-to excuse for not doing it has been **the struggle to feel creative while filling multiple roles of project manager, parent, and teacher**. But maybe I'm actually resisting it because **I'm not splitting my time effectively**.

Based on the above, here are some possible topics to write about **what I know**:

- How to get unstuck when you're wearing too many hats
- How delegating saved my sanity, and can save yours too
- Last-minute hacks to plan and manage your time when you have none
- How to not do the one thing that's keeping you from moving forward



3

## Create Your List

HERE'S WHAT I KNOW:

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