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Unleash the Book Within

PLACES

Which place do you remember most of all? How does it look, feel, smell, sound? Maybe even taste?

(HARACTERS

Everyone, no matter how good they are, has foibles! It's these that make a character believable. Think of someone you know (best to give them a false name!) and write down everything about them. Don't be afraid to say those annoying things as well as the positive things. Remember it's what's on the inside that counts – a reader rarely cares what a character looks like.

MUSIC

Listen to a CD or Playlist and really focus on the words of the songs? Which song best describes your character, your place or yourself? Songs are miniature stories all waiting to be written in book form. Write down your 5 most inspirational songs.

(Instrumental music is also good if you already have an idea for a story. Listen and let your imagination flow.)

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EXPERIENCE

Experiences make us who we are.

Write down a time in your life when you were really scared. You don't have to put it in the story but it will help you to remember how your character will feel if they are in a frightening situation.

Write down a time when you were happiest? What happened to make you so happy? How did you feel inside?

OBSERVATIONS

Find a public place to sit (eg. A train or café – some of the best stories have been written in cafes). Watch everybody as they go about their business. Choose one and consider their backstory. Do they have heaps of shopping bags? Do they look tired? Why do they keep checking their mobile every two seconds?

Remember how it feels to watch people - is your main character going to be nosy?

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