

The “Zero Draft” Session Sheet

Strategy: Write first, edit later. Park on a downhill slope.

1. ENTRY RITUAL (The 15-Minute Trigger)

Date: _____ Start Time: _____

Mental Check (Bolker’s Rules):

- I have turned off my “Internal Editor.”
- I accept that this is a “Zero Draft” (messy is good).
- I am writing for just 15 minutes (anything more is a bonus).

My One Tiny Goal: (e.g., “Write one paragraph about X”)

2. THE ZERO DRAFT ZONE

Freewrite here. Do not delete. Do not look up citations. Use [brackets] for missing info.

3. PARKING ON A DOWNHILL SLOPE (Crucial)

Do not finish! Write the first half of the NEXT sentence you want to write tomorrow. This ensures you never start with a blank page.

Tomorrow, I will start by finishing this sentence: