

## Writer's Contract

I \_\_\_\_\_ hereby solemnly swear and agree:

- 1) I will undertake a long-term, intensive writing project(s). I agree to work \_\_\_\_ a day on writing, regardless of external distractions or personal circumstances. I agree to maintain this schedule until the writing project is completed.
- 2) I understand that this is a difficult task and that there will be days when I do not feel like writing or when demands challenge my writing time. I will not allow this to interfere with the completion of the agreement made in paragraph one.
- 3) I understand that good physical and mental health is essential to the completion of any writing project. I commit to a serious program of self-care, including adequate sleep, healthy diet, exercise, relinquishing of bad habits. I allow time for **reading** every day.

**I relinquish judgement of my own work and the work of others. I will repeat an affirmation daily, i.e. "I am a writer. My purpose is to create. I resolve to write, despite challenging circumstances. I release all laziness, fear and doubt. I claim optimism, energy and perseverance.**

*"I only fail if I don't create." – Ray Bradbury*

*"Never, never, never give up" – Winston Churchill*

\_\_\_\_\_  
Signature of the Writer

1. \_\_\_\_\_

2. \_\_\_\_\_

Signature of Witnesses, effective date: \_\_\_\_\_