



# **Busting Through Blocks**

Prompts to Inspire Creativity

By Andie Eygenraam



# BUSTING THROUGH BLOCKS

Prompts to Inspire Creativity

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## ACKNOWLEDGEMENTS

My heartfelt gratitude goes out to Gail, who taught me the process that has helped me create and get my words out to the world.

To Bob M who inspired me to want to be a writer when I was just 3 years old.

To all the authors who have crossed my path in my writing groups, you have inspired me and touched my heart

And to you reading this. Know that you, too, are worthy of sharing your words. Tap into your heart and listen to what it has to say. You'd be surprised at the answers when you can get quiet enough. And if you need help, try our free fall process with guided meditation to help you get out of your own way. It's worked for so many, and can work for you too, even if you think you're "not an author."



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## FreeFall Writing

Back in 2010 I started going to a writing group held at a treatment facility not far from where I lived. It was held every Monday night, by a woman who became a mentor of mine, who learned the process from her mentor, who learned it from W.O. Mitchell as the story went.

*W.O. Mitchell would write 10,000 pages of freefall writing before starting his next book, and would find the story within the pages.*

The women cycled through a 5-week treatment program. They would come downstairs and express beautiful vulnerability and we would create together. Bonds were formed, healing happened through creativity, and self-esteem blossomed. It was a beautiful process.

It was from that group publishing an anthology in 2012 with 9 of my pieces in it, that I first saw my words in print, a dream of mine since I was 3 years old. I facilitated some of these groups, and then branched out on my own when I moved.

In my own groups, I added in a mediation component, as I felt it was especially important in our hectic lives to have separation of the busyness of the world, and the creative time and sacred space we were creating. I found people were able to tap into a deeper part of themselves, starting with even a 5-minute meditation beforehand.

The authors were often truly surprised by what came out of them after the 10 or 15 minutes of focused writing time. Also, when I gave the signal to end writing, often people felt the time flew by and they didn't realize they had been creating for so long. That's the beauty when you can tap into a higher flow and be guided by your words.

It's not an easy thing to do, because by nature we are very critical of ourselves. We automatically edit ourselves, or try to have proper spelling and grammar – all things I ask you to turn off, or ignore during this process. You cannot create with the same part of the brain you edit with. For this time, give yourself permission to create.

*As Sharon Hale says: "I'm writing a first draft and reminding myself that I'm simply shoveling sand into a box so that later I can build castles."*

With practice, it flows easier. With practice, your writing will improve. With practice, you will discover talents and abilities or interests and passions, that have remained hidden.

I teach a process to help go deeper and get out of your own way, reducing writers block. This is by no means the only way to bust through these blocks, but it is one I have personally used for over 10 years and has helped me publish 8 books, as well as helped hundreds of others in my groups and coaching practice to find healing and solutions.

The following is a brief overview to see if it can help you in your daily writing practice.

We start with a guided meditation to get out of our own way and leave the buzzing of our regular lives, even for a moment. You can find these online, but to use some I've recorded for my groups, you can find them at these websites

**<https://soundcloud.com/andrea-eygenraam/>**

**YouTube: <https://bit.ly/2UsFXdM>**

Then we freefall or automatic write for 10-15 mins. You can do it as long as you feel called for but this is generally enough to get past our editor mind and get into the flow. To really embrace this, we turn off our editor, spelling and grammar don't count for now. Often when in the flow, your writing will be difficult to read after, this is okay!

We use a starting line or prompt so we don't get stuck. In class this is chosen for the group, but there are many ways you can get a starting prompt: a line from a song, opening a book and pointing to the first line you see, using a photo, you are free to choose. Included in this book are a variety of pictures and word prompts to help stimulate your creativity in various ways. One of the best ways people enjoy these, is opening up randomly to a page and writing from there.

And then just write without stopping or thinking about it. If you get stuck you can write the starting line again and again until you get past your analytical brain and your pen takes off.

Don't be afraid to write. This method can hit deep and tears are okay, they are healing! And if it just gets words out, that's perfect too, there are no rules or right and wrong.

Then hopefully you will share it!! With me, someone you love, or just send your words out to the world!! You will be surprised who they can touch and the difference you may make in someone's life!

Many find when they read what they wrote out loud or share it with someone else, their writing has much more impact than they thought. Often people are surprised by what they created when they are in the flow. Many times, it only needs minimal editing for sharing with a wider audience.

Remember, your words have value. Not just for you, but others who can connect and relate. Often, I hear people say, “but no one will want to read my writing” or “I am not a writer, I can’t form proper sentences” (that’s what editors help with! 😊) One of my favourite quotes is

*Why Bother? Because right now, there  
is someone out there with a wound in  
the exact shape of your words.  
-Sean Thomas Dougherty*

A funny thing happened at one of my writing groups. Beforehand I was discussing with a gentleman who wanted to write about getting through his divorce, and give other men tips and advice. He felt insecure about others not being interested in what he had to say, and wasn’t sure if he should bother. He came into the group, which that night happened to be 6 women, plus him and

I. We wrote our freefall piece, and during the sharing portion of the workshop, he shared his piece. It worked out, that he had actually written the perfect introduction to his book he'd been discussing. The response was outstanding. The women all said they wanted to hear more, that they could relate, that they were curious where the story went next. The gentleman was shocked, because in his mind, his book was for divorced men, and that certainly wasn't the demographic that night!

We never know who our words will touch, and that's not our job. Our job is to create, to get out of our own way, and let ourselves be vulnerable. There will ALWAYS be someone that will connect with our words, that can benefit from what we share. Trust, Believe, and have Faith. I look forward to reading what you can create!

I wanted to share a piece I wrote for my last book, about Motivation, Momentum and Manifesting, about the writing process. I hope it helps you on your journey.

Just start writing.

You need to turn the tap on to make the words flow, even if it's crap; at least you've started, you can't edit a blank page. Write like no one will read it but you. All nuggets of advice I've shared hundreds of times now, and four months after I announced this book, this is the first I've started writing for it.

Fear, fear of what? Success, being heard, putting myself out there. I have overcome the common fears I hear of "what if no one wants to read my writing," "I don't have anything interesting to say," "I'm not a writer." I

overcame them by putting myself out there, writing from my heart.

I started my poetry blog nine years ago. I often reflect on the comments I receive. I say, “I don’t even know these people! They didn’t even have to comment!” As people share such heartfelt things about how my writing has touched or moved them, I am so humbled.

But even after ten years of running workshops and helping others find their creative voice, I still catch my breath with a flutter of nerves and lump in my throat as I go to share. I hope that I never lose that humble feeling. I have that too as I sit to write this piece, at one of my very special places by the lake, listening to the waves crash on this stormy day, watching my pup destroy another stick, excited to be in nature. This is my peace, my motivation.

You are important. You matter.  
Your voice matters. We hear  
you, and send our love.



# QUESTION PROMPTS



Can you remember who you were, before the world told you who you should be?

How did you get here?

Who do you love?

What brought you to this point?

What did you lose yourself in?

What happened when you stepped out of your comfort zone?

Why do you have that habit?

Your mind races with ideas. Your heart speeds up and feels warmer, bigger. You can't stop smiling. What are you thinking about?

The real question is not whether life exists after death. The real question is whether you're alive before death.

What decision changed your life?

How did your life change after?

What brought up those memories?

How did you feel when it happened?

What changed your mind?

"And they lived happily ever after" are you living your happily ever after? Write about what that looks like to you...

A time you've felt most at peace... when was it? What happened?

What is the best meal you've ever eaten? Describe it in as much detail as you can.

Most of us have heard the saying "best thing since sliced bread" What do you actually think is the best thing since sliced bread?

What is something you know you *should* do, but don't?

Describe a time you broke the law, real or imagined. Were you caught? What happened?

10 years ago, what did you think your life would look like? What have been the changes?

What's the most time you've spent away from your favourite person? Tell us about it!

Where are we headed?





# PROMPTS FOR DIFFERENT SEASONS



## SPRING

The way the rain fell against the window...

Seeing the new buds on the trees made me feel...

As life sprung back to the world...

When we all came out of hibernation...

My favourite thing about spring is...

March... in like a... out like a...

I can't wait for warmer weather so I can...

My favourite flower is... because...



The rain tapped  
rhythmically against the  
tin roof as I sat  
wondering...

The weather changed so  
many times that day I  
needed to...

## SUMMER

There's something about  
summertime...

As the sun ignites the  
water...

As I looked up and felt  
the warm sun on my  
face...

While I lie in the grass  
and look up at the sky...



As I felt the sand between my toes...

Walking through the sunflower field I felt...

The sweat clung to my skin like...

The air conditioning felt cool on my skin and I...

Jumping into the water I...

I knew how to swim, but on this day...

## FALL

Fall reminds me of...

The chill in the air is a reminder...

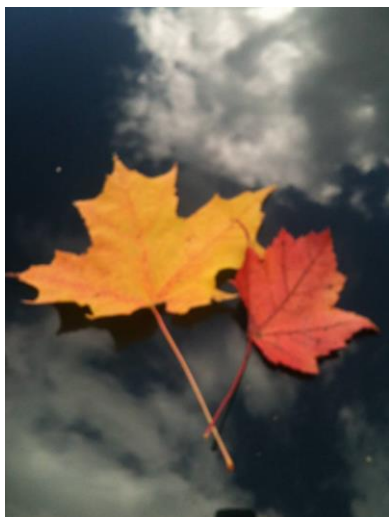
My favourite thing about fall is...

Smelling the crisp fall air, I'm reminded of...

Write about all your favourite fall things and tie them together into one piece

The hustle and bustle and noise of the fall fair made me feel...

Feeling cozy by the fire, sipping my hot cocoa, I...



As the leaves  
crunched under my  
feet...

One lone leaf fell in  
front of me on my  
path and...

Seeing the splash of  
colour on all the  
leaves made me  
feel...

## WINTER

She stepped lightly in the snow, careful not to be noticed by...

I watched the snow fall softly around me and...

My favourite thing about winter is...

The crunch of the snow reminded me of...



The branches cracked under the pressure of the ice and...

As the snow softly fell all around me...

In the silence of winter, I could hear...

Looking out over the white pristine snow...

The cold days wore on, and I tucked my sweater tighter while I...

It was one of those days it was better to remain cozy inside because...



# PROMPTS FOR DIFFERENT HOLIDAYS



A habit I want to release is... without that habit I will  
feel/be/do more...

For this year, my word of the year is... and I picked it  
because...

This year the feeling I want to feel more of is... and I will  
do that by...

My sweet valentine is...

The 50% off chocolate that I rushed to the store to buy  
today was...

To me, family means...

When I had the luck o' the Irish I...

I feel green beer is....

As I watched the bunny hop away, I wondered, could it  
be...

I knew I'd hid the eggs somewhere, but the smell told  
me I hadn't found them all so I....

In my Easter Basket I'd love to find...

The fireworks exploded in the sky and I felt...

Long weekends are meant for...

They have a day for everything. The weirdest one I've heard is...

Thinking of my country I feel...

My favourite holiday tradition is... because...

I spend most holidays...

Today I am thankful for...

My favourite thing about Hallowe'en is...

If I could dress up as anyone I would be...

To me, pumpkin spice tastes....

Who do you remember that you want to honour?

While visions of sugar plums danced in their heads...

My favourite cookie or treat is...because...

The tradition I most enjoy around Christmas time is...because...

Under the tree this year I hope to find...

I'm grateful for holidays because...



# DAYDREAMS & FANTASIES



If I could visit with anyone past or present for an hour, it would be...and I would want to ask...

I would love to sit down with my favourite author...and talk about...

I sat quietly and let my mind wander to...



On my dream vacation in....I would...

My dream mode of transportation is... and I would go....

If I could hire a professional to help me with one task, it would be... and with all that free time I would...

I have always wanted to....

I had waited all my life to become...

I couldn't believe it finally happened...

My big goal that would make me jump out of bed every morning, excited to get started is...

To move one step closer to making that dream reality,  
today I will...

A dream I've had for a long time, that I really want to  
make reality is...

My biggest goal or dream I'm working towards is...

I can't believe I manifested...  
With the sky void of a moon, tonight was the night I  
manifested...

You were on your way to see a doctor who promised to  
know the secret to making yourself fall out of love with  
someone...

You hear a knock at your front door. You go to it and  
open it. You find yourself staring at yourself. What do  
you do?



This morning when  
you woke up you  
found \$10,000 on  
your dresser, and all  
your plans cancelled  
for the next week.  
What will you be  
doing?

We are now able to send messages to the future. Who would you send one to and what would it say?

We are now able to send messages to the past. Who would you send one to, and what would it say?



You've had the most amazing weekend and it made headline news. What happened?

If you could uninvent something, what would it be? What would the consequences be? How would life be changed?

The postman delivered a box without knocking on the door. He just left it behind. But I wasn't expecting anything...When I opened it, much to my surprise...

Murphy's law says anything that can go wrong, will. Write about a time that everything went right and proved Murphy wrong

With my eyes lightly shut, I dared to dream...

You wake up with a super power you've always dreamed of having. Describe your day

A dream is a wish your heart makes

Your favourite animal walks up to you and looks at you.  
Describe your interaction

write about what lies beyond your imagination...

You find a magic lamp and a genie grants you one wish.  
What is your wish and how does it change your life?



at the end of the rainbow I found...



# EXPLORING



Quiet as a mouse, I tiptoed in, so as not to be noticed  
by...

As I walk up the staircase I heard...



When I stand in front of the open door...

I took a deep breath in and...

Not daring to breathe I...

Around the corner I saw...

When I turned off the light...

When I turned on the light...

The crowd marched on, determined to...

At the end of the race, I was...

Alone in the stillness of the night I...

As I ran toward the finish line...

As the flavour moved over my tongue, I remember the  
last time I tasted...

Explore the room you're in as if you're seeing it for the  
first time. Pretend you've never been here before. Who  
lives here? What do you see? Where are you?

Go to a window and quietly watch outside for a full  
minute. Write about what you saw

Look outside and take note of the first thing you see.  
Look around inside and take note of the next thing you  
see. Write about how they are connected.

In the midnight garden...

as I walked through the crowded streets

In the stillness of nature...



the footprints tell a  
story...

I'm standing at a  
crossroads...

As I started  
walking...



LOCATION,  
LOCATION,  
LOCATION



When I think of the country, I feel...

When I think of the city, I feel...

I got on the bus, ready for my next adventure...

The hill was steep, but as I climbed...

You are stranded in a foreign city with no money, no friends, and no way to contact anyone you know. Where do you go? What do you do?



When I stand in front of the ocean,  
I...

Sitting on the dock of the bay,  
watching...

while the waves washed over my  
body...

the warm sand under my feet...

take me away to a place...

dipping my toes in the cool water...

Describe your ultimate escape plan and tell us what you're escaping from...

write about a local tourist hot spot as if you were writing for a travel magazine, selling the city you live in



You are given a plane ticket to anywhere in the world. Where would you go? Describe what it's like when you get there

sitting in the grass reminded me...

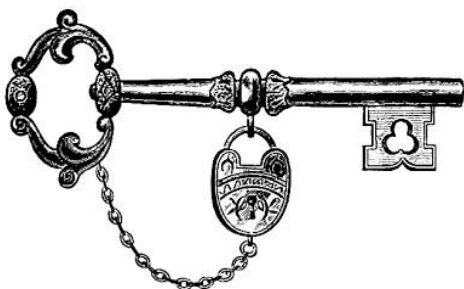
I dared to dream of another time when....

Out in the far reaches of space, I didn't realize...



# FEARS AND MYSTERIES





You're locked in a room with your greatest fear. Describe what's in the room and how you get out

I shrieked at the top of my lungs, when I caught my breath I realized it was only...

Jumping a foot in the air, I turned to see what had startled me, and found...

The biggest fear was that they would fall behind the times. Today is seemed to be coming true...

It sent a chill down my spine that I'd only felt one time before...

The pain seared through my hand, I couldn't believe I did that...

You walk into a dark room, and when you turn on the light, you see...

It brushed against my skin, just like that time...

challenge yourself to overcome a fear, and write about it... what did you do? How did you do it? What did it feel like? What did you observe? Would you do it again?

a bump under the rug moved and I immediately...

jumping out of bed I noticed...

what I'm most afraid of is...

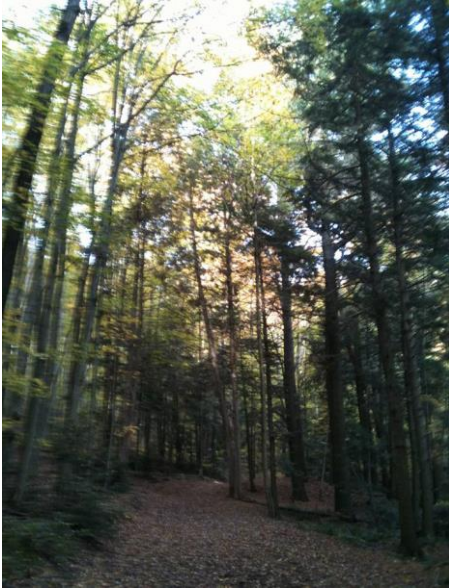
while I waited in the dark, I thought...

I crept around the corner, hoping I wouldn't run into...

the door creaked open and...



write about your thoughts, feelings, ideas, around Friday  
the 13th!



deep in the forest,  
all alone...

In the quiet hours  
of the morning,  
while everyone  
slept...

When I first  
smelled it, all I  
could think of was  
that time when...

I heard the noise  
in the distance and  
immediately was  
reminded of...

I paused as I felt the déjà vu. I've been here before, and  
made a note to myself that I had to change the course of  
how things went before the unthinkable happened...

when I quietly snuck out of the house...

in the back of the cupboard...

I opened the box in front of me and discovered...

on the other side of the mystery...

when I opened the dusty old box...

As the truck barrelled down the highway, he had no idea  
what lie ahead...

who did she think she was, really? I mean really? How  
dare she do that...

It was the day everything changed. I knew it marked a  
turning point and I couldn't go back to how things  
were...

I heard the car door slam, and immediately I looked at  
the clock...

As I entered the dimly lit cabin, I saw...

"The apple doesn't fall far from the tree!" You'd heard  
this all your life and you'd started to hate it

You'd always wanted to fall in with this crowd. Now that  
you had, you weren't sure about them anymore...

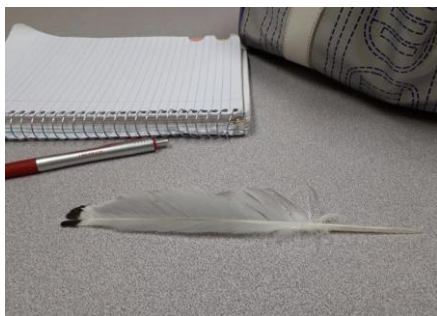
I laid out all the emergency and first aid tools and I...



# LIVING A BIG LIFE



to express my creativity fully I will...



When I opened the  
book of my life...

What will your life  
look like in 10 years?  
Dare to dream big!!

I have no limits...

To prove to myself I could do it...

When I stepped out of my comfort zone...

my life is my own. Today I choose to...

live on life's terms makes me think of...

when I stepped forward and took the leap...

Standing in front of my destiny...

I break down the walls...

I couldn't believe my eyes! I hadn't seen that since...

I jumped out of bed and realized...

There was no going back now: you finally decided to go  
for it, and let the chips fall where they may

I feel most alive when...

Finally I felt freedom. I was filled with...

The time I was most productive was...

The best way to predict the future is to create it. Today I  
am creating...

I create my life. I want to create...

Playfully I decided to...

Waking with the sunrise I felt...





# LOVE AND GRATITUDE



As I send love out to the world...

my heart feels free...



the secret of my heart  
is...

when I opened my  
heart to love...

when I opened my  
heart and let my  
creativity out...

The best compliment I  
have ever received  
was...

Write about your favourite thing about yourself

the part of me I like most is...

I am grateful for...

The best gift I was ever given was...

As I wept with tears of joy, I realized...

Today I will be of service to others by...

Today as an act of self-love, I will...

To show someone else love, today I will...

I will bring more joy into my life by...

The light illuminated all around her and...

Filling my heart with gratitude, I thought of...





# THE SPACE BETWEEN



when I stood in front of the open door...

someone rearranged the furniture...

When coming home...



On the other side of silence...

When I let go of the rope...

as the pen scratched across the page, I felt...

as I sit in the space between breaths...

only for a moment was I lost...

if I could ask just one question...

waking up this morning, I...

every step I take...

Knowing I was safe, I felt...

As I opened the window...

When I float, I...

I knew I had to change it, but I was stalling because...

when I reach into the air...

Listening to the ticking of the clock...

I watched the sunrise that morning...

Up until now, you thought the only way to get it done  
was...



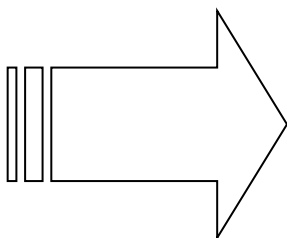
The fire  
cracked at my  
feet and I...

the fire  
roared on as  
I...

With a sigh of relief, I collapsed back into the chair and  
I...



**TRY THIS**





write a 20 word poem

write about the thing that is one of your biggest pet peeves, and rewrite it from the perspective of you actually loving whatever it is

take a look around you, the first 3 things your eyes land on, take them and use them to write a free fall piece

pick up the first book you can find, use the text from the 5th line on page 10 as your starting line

Take the first sentence of your favourite book and use it as your starting line

Pick a headline from the news, or make one up, and freewrite on it, fact or fiction, it's up to you!

Choose the first 3 things you notice around the room and create a story around them

Use the first line from your favourite song as your starting line to freewrite

Write an updated version of your favourite children's book, as if it were for adults

Pick a quote from your favourite movie. Use that as your starting line to freewrite

The starting line I really wanted today was...



USE THESE IN  
A PIECE





taxes, a key, a secret cavern

snow shovel, daffodil and an abandoned barn

a mask, Hallowe'en candy, haunted pumpkin & a cat

empty glass, broken pencil lead, twitching eye & a  
stranger

candlestick, match and a duck

a sock, a doorbell and a time machine

calendar, patience and yellow

can opener, rainbow and a tiger

tricky, red, blue, thick, river, wobble

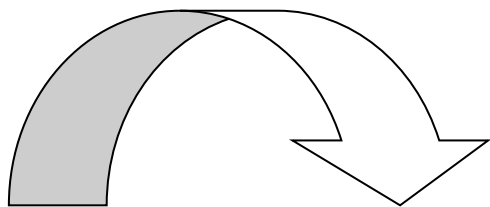
pill, button, dry, yesterday, longing

credit card, skeleton key and a toaster

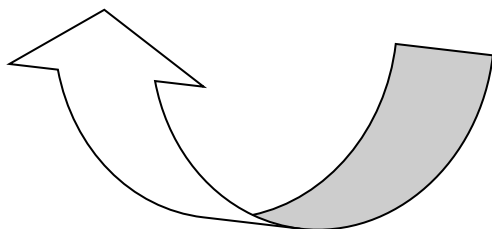
a mysterious forest creature, magical coin & textbook

a leprechaun, horseshoe and a clover





**ENDINGS**





and when it was over...

one of my best memories is...

You can erase one incident from your past. What would you choose and why?

When it was all over, I was finally able to...

The sun set on the last day...

The sun set on another day and I felt...

Closing that chapter, I felt...

As I let go of the rope...

