

WRITE YOURSELF INTO YOUR *Dreams*

Chapter 1 ELS Written Exercise

Version 1.20

Before you begin, create a sacred, comfortable space to work. Turn off your devices and make sure you won't be interrupted for at least an hour. Using a pen and paper, write your responses to the following questions by hand.

1. From whom will you receive feedback?
2. How often will you work on your story, and on what day of the week will you work?
3. Where (physically) will you write?
4. Write Your Commitment Statement by filling in the template below with your responses from above.

I'm 100% committed to completing my ELS, by working on it _____ (insert your answer for #2) at _____ (insert your answer for #3) and receiving regular feedback from _____ (insert your answer for #1).

5. Create a document titled *ELS Written Exercises* and inside of it, type the heading “My Commitment Statement.” Then type your Commitment Statement underneath the header. Alternatively, you can download the *Master ELS Written Exercises* document and simply type your Commitment Statement into the space provided.

6. Have a trusted friend or writing partner provide you with feedback to ensure that you followed the instructions for this ELS Written Exercise.