Ready to come up with new business ideas, tune into your intuition, and bring serenity to your life? Use this worksheet to practice writing three pages of longhand, stream of consciousness writing, ideally done first thing in the morning.

Here are the benefits of writing (3) Morning Pages:

- They center you and clear your mind.
  - Morning Pages act as a ‘brain dump’ that will clear your mind.
- They help you discover your creativity.
- They help to silence your biggest enemy.
  - Your inner critic.
- They make you less anxious.
  - By getting this stuff out and looking at it, you realize it’s not so bad and it helps to ground you.
- They will help you become a better idea generator.

Remember! There is no wrong way to do morning pages.
PAGES 1-2. The first two pages are focused on clearing your mind. Write about whatever pops in there. It can be mundane stuff or very serious issues. Try hard to not judge yourself and just do it. With this in mind, use the next two pages to practice!
PAGE 3. The third page is used to mentally plan out how your day is going to go. Keep this page completely positive so that you can visualize a successful, happy day. Now, let's try it. **Write down how you envision your successful day going below!**
Chris Winfield is a passionate entrepreneur, writer and coach in New York City. Chris helps successful entrepreneurs and executives decrease their time spent working while increasing how much they accomplish. With the use of simple systems, techniques and the power of true focus, Chris teaches his clients and readers how to truly work smarter not harder. This new freedom gives them more time to spend doing what they want, with the people they love.

If you want to read the full post about The Benefits of Writing Morning Pages,

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