

The
2-MINUTE
WRITING SPARK

How to Tap Into Your Own Unique Writing Voice
Without Spending Hours at the Keyboard

George Banko

Write from the gut.

Welcome.

Let's get right into it.

First of all, I want to congratulate you.

It takes courage to do anything, and I bow my head in gratitude for you taking the chance on learning this powerful creative writing process.

I'm also excited for you.

This is going to change the way you look at writing and creativity forever.

I'm confident once you start doing this simple exercise every day, you will tap into a higher energy of writing you never thought existed.

You'll start writing with passion and conviction.

You'll discover topics you want to explore on a deep level.

In short - this is the beginning of you discovering your unique writing voice.

Here's what you're going to learn in this 6 page book...

You'll learn how to...

- Start writing in a naturally polarizing way that attracts your ideal audience
- **Discover the topics you were meant to speak on with passion and conviction nobody else can duplicate**
- Start enjoying the writing process so much you won't want to stop
- **Begin the journey to becoming "prolific"**

Also keep in mind...

This is NOT an editing book.

The editor will come later.

For now, we'll be focusing on getting to a deep creative state.

To accomplish this, we'll be doing "less." Not more.

Here we go...

Step 1 — Eliminating the Physical Friction

To establish a strong creative environment, we first need to eliminate any distractions.

As you might be aware, there's a never ending amount of pings we're subjected to every day. Whether it's from our smartphones, laptops, TVs, or even kitchen appliances. It seems like everything has become wired to be a distraction for us.

We're going to eliminate that here.

Here are the steps to do that.

- **Buy a bin to throw your smartphone in.** I mean it. You can buy it here. Throw your smartphone in here and lock it up when you're writing.
- **Link to bin I use:** <https://tinyurl.com/3vejzhkf>
- **Buy a timer.** This is also really important. This timer will allow you to enter a flow state where you're not worried about losing time to something else.
- **Link to Timer:** https://www.amazon.com/dp/B08K9G2KS9?ref=ppx_yo2ov_dt_b_fed_asin_title&th=1
- **Install a distraction free app on your laptop or iPad.** This will keep you from drifting off into the internet. I use the Freedom App, but there are lots of them.
- **Link to Freedom App:** <https://freedom.to/>
- **Use a minimalist laptop or tablet to write on.** You can even use a pen and paper. Have that be the computer you type on. iPads or cheaper tablets work great here.

I know this sounds a bit extreme.

But this was one of the most valuable things I did to tap into my own creativity.

Don't worry about getting this perfect. But I can assure you it will be the most valuable thing you do for your own writing.

Let's get to the next step...

Step 2 — Set a Timer for 2 Minutes

Now that we got the physical friction out of the way. We're going to get down to the nitty gritty — writing with speed and badassery.

Speed is your friend when you're writing in your own unique way.

Speed, money is attracted to it.

Use speed.

Speed.

Write fast.

Faster.

Faster.

That's what you're going to do in this exercise.

For the next 2 minutes, you're going to set a timer.

You're going to sit down and write as fast as you can for 2 minutes.

Don't let the thoughts come in.

Breathe into your words.

Write whatever you feel like.

Let it all out.

Don't think.

Do this for 2 straight minutes.

So find your physical space.

Use the distraction free apps.

And then get to work.

Ready. Set. Go.

Did you do it?

Ask yourself how did it feel?

Do you feel like you let out something good?

Here's one thing I'll caution you...

Do NOT judge your writing here.

No judgments at all.

This is a freewriting exercise designed to get you out of your head.

It's designed to get some interesting thoughts on the page.

That's all.

Those are the two biggest things when it comes to writing like yourself...

- Don't judge your writing
- Write with speed

If you can master these 2 skills, I think you're going to be amazed at what you come up with. Now that you've done the 2-minute writing burst exercise, let's go on to the next step.

Step 3 — Relax and Let the Writing Sit

Now we wait a little bit. Go and do something else for a little while.

Take a walk.

Go do some other project.

Then, when you're ready, come back and look at the words you wrote.

You'll probably glaze over a lot of them.

But if there's a phrase or sentence that makes you stop in your tracks... if it's a phrase that makes you go "oh that's energizing." Boom. You have something there.

The truth is... a lot of your writing bursts will be nonsense.

But every now and then, you'll strike gold.

When you find that phrase, then that's an idea you can expand on. Which I'll talk about in the next book.

Step 4 — Do This Exercise Every Day for 30 Days

It's 2 minutes, every single day.

Eliminate friction, write with speed and non judgment, go back and look over your words.

That's it.

That's the artist's process for finding words and topics that spark your energy.

It's simple, but not necessarily easy all the time.

Question: How Do You Know If You Did It Right?

After the 2-minute freewrite, you might have a few questions.

What was the point of that?

Am I getting somewhere here?

This is normal.

Some emotions to know you're on the right track.

If you feel a little vulnerable, like you just exposed a part of yourself, then you're on the right track.

If you feel like you really put your speed into it, then you did it right.

But again, I must stress — this isn't about doing everything right or perfect.

Some days you might not come away with anything to work with. Other days you'll get several ideas to work with.