

# UnLockWritersBlock.com

## Tools for Expression

### Topic Selection Worksheet

Many people fear choosing a subject more than any other stage of their project. The following questions and suggestions can help you overcome this barrier. If you've been assigned a topic, these sections can help you develop an angle from which to approach it.

#### Questions

• **What do you want to accomplish with your project?** Defining your intention can stimulate topic ideas. Select the words on the following list that relate to your desired outcome—then outline your goal in the box below.

- |                                       |                                    |                                     |
|---------------------------------------|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Account      | <input type="checkbox"/> Enforce   | <input type="checkbox"/> Persuade   |
| <input type="checkbox"/> Advocate     | <input type="checkbox"/> Expedite  | <input type="checkbox"/> Plan       |
| <input type="checkbox"/> Analyse      | <input type="checkbox"/> Entertain | <input type="checkbox"/> Prepare    |
| <input type="checkbox"/> Announce     | <input type="checkbox"/> Evaluate  | <input type="checkbox"/> Refer      |
| <input type="checkbox"/> Apologize    | <input type="checkbox"/> Explain   | <input type="checkbox"/> Relate     |
| <input type="checkbox"/> Arrange      | <input type="checkbox"/> Express   | <input type="checkbox"/> Relay      |
| <input type="checkbox"/> Ask          | <input type="checkbox"/> Inform    | <input type="checkbox"/> Reward     |
| <input type="checkbox"/> Change       | <input type="checkbox"/> Introduce | <input type="checkbox"/> Request    |
| <input type="checkbox"/> Clarify      | <input type="checkbox"/> Instruct  | <input type="checkbox"/> Service    |
| <input type="checkbox"/> Complain     | <input type="checkbox"/> Inquire   | <input type="checkbox"/> Solicit    |
| <input type="checkbox"/> Congratulate | <input type="checkbox"/> Inspire   | <input type="checkbox"/> Sponsor    |
| <input type="checkbox"/> Coordinate   | <input type="checkbox"/> Invite    | <input type="checkbox"/> Suggest    |
| <input type="checkbox"/> Counsel      | <input type="checkbox"/> Lead      | <input type="checkbox"/> Sympathize |
| <input type="checkbox"/> Define       | <input type="checkbox"/> Maintain  | <input type="checkbox"/> Support    |
| <input type="checkbox"/> Demonstrate  | <input type="checkbox"/> Mentor    | <input type="checkbox"/> Thank      |
| <input type="checkbox"/> Empathize    | <input type="checkbox"/> Organize  | <input type="checkbox"/> Teach      |

- **What do you know best?** List your abilities, strengths and talents—and don't be afraid to choose a topic based on them. *Resist the tendency to censor ideas because you feel that if you know something, everyone else must know the same thing.* Always remember that what you take for granted can be seen as unique and fascinating by others.

- **What are you interested in?** Summarize your interests, hobbies and passions. These can lead you to potential topics.

- **What irritates you?** Write down what aggravates or annoys you. Throughout the ages, writers have used their pet peeves to fuel ideas.

## Suggestions

- **Carry a pad and pen with you at all times.** Ideas don't always appear on demand—and often surface when and where you least expect them.
  - **Use speed-writing sessions.** Here, you write down what comes to mind as fast as you can, without any concern for errors. Writing fast helps you override the desire to analyse your output. Putting a time limit on your sessions also helps to suppress your inner judge.
  - **Check out joke and quote compilations.** These can be rich sources for topics because jokes and quotes quickly and effectively sum up life's situations, challenges and conditions. Excellent collections of both can be found in the UnLockWritersBlock.com *Products* section.
  - **Visit internet news sites.** These are great resources for current events and trends. Keeping up on the latest news can provide you with an endless supply of potential ideas.
  - **Check out magazine and newspaper headlines.** Scanning the headlines at your local magazine rack or newsstand will give you quick summaries of current events.
  - **Accept failure.** Understand that the majority of ideas you'll generate will be trash. Knowing this will help you lower performance inhibitions—allowing you to produce *more* ideas.
  - **Stimulate the senses.** View artwork. Listen to music. Visit botanical gardens. Sights, sounds, tastes, feelings and aromas can trigger ideas.
  - **Read.** Experience the work of your favorite authors—can be stimulating and inspiring.
  - **Visit our site often!** Keep up on the latest writing productivity and creativity enhancement trends at UnLockWritersBlock.com.
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