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# PROVISIONAL PEN MONTHLY

The official e-newsletter of Provisional Pen Writing Services



## EMBRACE CHANGE!

Looking around, we see everything changing: the weather, our surroundings, even how much daylight we get to make use of in our free time. That's not even taking into account seasonal responsibilities. Many of us may feel like even one little change could throw a wrench into everything we've planned.

This issue is about making peace with change. You'll find out how our writing consultation services can improve your writing experience, how to get focused, and how to use observations of nature in your writing.

Write on!

## IN THIS E- NEWSLETTER

News:  
Let's Get Started  
- 2

Monthly Tip:  
Find Your Focus  
- 3

Inspiration:  
Write About  
Nature  
- 4

# News @ *Provisional Pen* WRITING SERVICES

## LET'S GET STARTED!

Are the first steps of the writing process the hardest for you? If so, you're certainly not alone. And you don't have to get through it alone, either.

Here's how Provisional Pen can help:

- Got a great idea? Let's take it to the next level with prewriting techniques.
- Frustrated with the transition from prewriting to drafting? Let's talk it out.
- Need some feedback on your draft? We've got you covered!

Please visit our [Writing Consultation Services](#) page for more info.

[Contact us](#) today to get started!





## WRITING TIP OF THE MONTH

### FIND YOUR FOCUS

Focusing on writing isn't easy under even the best of circumstances, so it may seem hopeless when things aren't going well. Like, say, when you're in the middle of a move and your new place still isn't ready and, though you're not currently living in a van down by the river, the process is really starting to test your patience. Or, when your teething toddler has resorted to cleverly disguising biting attempts as hugs and cuddles, and you're starting to wonder what this means about the future of your relationship. The near-constant vigilance and worry take a whole lot of energy and brain space. So, how can you find your focus once again? By coming back to a place of calm, and here are a couple steps to help you get there:

#### **Create a calm space.**

If possible, a physical space works great, a writing nook of sorts. Set up in a nice, quiet space, surrounded by décor you appreciate. Add in a

warm cup of tea if that's your sort of thing, music if you like to listen as you work, and you're good to go.

If, however, your living situation doesn't allow you to set up your own writing space, work with what you can do. Using headphones could allow you to enjoy music without disturbing others, for example. And, you might just have to leave to find the calm you need. You could try working outside, soaking up the inspiration nature has to offer.

#### **Nurture a calm mental state.**

No one's saying this is going to be easy, but it is worth a try (or several). Yoga, meditation, and nature walks are a few options that might work for you. If you're worried about taking too much time away from writing, just consider how much more productive your writing time is when you feel relaxed enough to truly focus on what you're doing. You and your writing deserve some calm.



# MONTHLY WRITING INSPIRATION

## OBSERVE NATURE

Trees ablaze with red and orange leaves. A crisp breeze blowing through the woods. A moodily overcast sky above, and an old, worn path stretching ahead. Squirrels chattering away, scurrying off with the remains of pumpkins...

Doesn't that sound like an interesting setting for a story, or a poem, or a journal entry? So much inspiration surrounds us if only we are willing to go out and look for it. Not only is taking a walk good for physical and mental health, it can also lead you to some pretty significant discoveries for your writing:

### **You can practice descriptive writing.**

Just take a close look around and write about what you see. Don't even worry about complete sentences at first. Your observations could even take the form of notes. Then, work with your notes to write a description of the place you visited. Try to write in a way that would help a reader visualize the place without needing to actually see

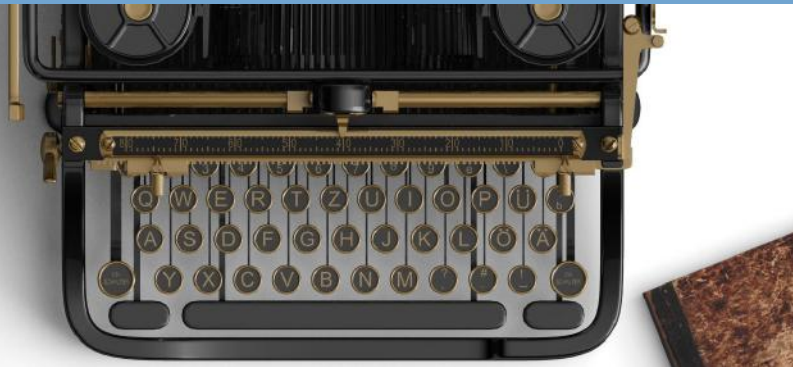
it. [Check out "Paint with Words: Writing Landscapes"](#) for tips to get started. Developing your descriptive skills will help you write the kinds of settings readers can imagine themselves in.

### **You can use nature symbolically.**

Nature and its elements can hold many different meanings. It really depends on what you're looking to do and what you choose to focus your writing on. For example, if you were writing a horror story, you would likely focus on the sinister details of a natural setting to show that nature can conceal dark secrets or that nature itself can harm us if we're not careful.

### **You can get in touch with emotions through nature.**

Spending time in nature can really help you slow down and pay attention to how you're feeling. It can also inspire certain feelings, like calm or happiness. You can then channel these deepened emotions into your writing.



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