Grant Writing Tasks – 8/17/2022

❑ **Action** – Schedule time to draft your boilerplate. 2 hours to complete the template.

❑ **Write** – Refine your program need and compelling reason

❑ **Write** – Refine your prototype participant story. Know your WHY

❑ **Write** – Draft your boilerplate – you can get a good start in two hours, using Pomodoro technique

❑ **Observation** – Listen to how colleagues or ads identify a compelling issue? Is it effective? Why?

❑ **Observation** – Identify elements of your best writing environment

❑ **Observation** – When completing the boilerplate, does chunking using questions work for you?

❑ **Technique** – Try Pomodoro for at least 2 sessions

❑ **Technique** – Try using dictation – you will have to try at least 3 times – this requires shifting from thinking with a pen or computer – give it a chance. Remember you will need to edit.

❑ **Technique** – Try the 60 BPM music with no lyrics – you can pull it up on youtube.

❑ **Shifting beliefs** – Listen to your inner critic and be cognizant of the language you use about yourself and your abilities. Come up with at least one affirmation to battle the negative thought and when you have the critical thought, internally say the affirmation 3 times – a 3:1 ratio.