

Radical Speed Writing

1 - What is Radical Speed Writing?

Radical Speed Writing is a combination of Focused Freewriting and Radical Honesty. It is very powerful, very emotional, and produces quality content very quickly.

First, let's go over the basics. Focused Freewriting is based on Freewriting. What is Freewriting? Let's take a look:

Freewriting

"Free writing is a prewriting technique in which a person writes continuously for a set period of time without regard to spelling, grammar, or topic. It produces raw, often unusable material, but helps writers overcome blocks of apathy and self-criticism. It is used mainly by prose writers and writing teachers".

https://en.m.wikipedia.org/wiki/Free_writing

<https://youtu.be/4O0EMX0nnl4>

Now let's take the next step. We don't want to be too raw and unfocused. We do want to be raw, but we want everything that pours out of us to be connected to just one topic:

Focused Freewriting

"A prewriting method used to gather information. The writer focuses on a topic and writes on it for 5 or 10 minutes nonstop. No special attention is paid to grammar or other editing considerations at this point in the writing process, and ideas are recorded in random fashion, just as they come into the writer's mind".

http://www.mhhe.com/socscience/english/access_practice/glossary_terms/focusedfreewriting.html

The next step is where things begin to get powerful, emotional, and very effective. We are going to turbocharge our Focused Freewriting with something called Radical Honesty.

2 - Radical Honesty

It's time to take a risk. When you use Focused Freewriting, you are going to throw away all personal filters. You are not going to "save face". You are not going to protect your reputation.

If you've ever shoplifted a candy bar from 7-11, you are going to write that down. If you've ever been so angry that you wanted to kill someone, you are going to write that down.

Yes, this is dangerous territory. Danger is good. It breaks down doors. It gets attention in a very busy and distracted world. And it is also very genuine.

This technique of Radical Honesty is one of the secrets to viral success. It will add power to both your fiction book and your non-fiction book.

https://en.m.wikipedia.org/wiki/Radical_Honesty

We live in a very controlled world. Everything is under layer after layer of euphemism and politeness. It is a very dry and sterile world. It is just plain boring.

All day long, we are presented with actors and actresses playing a role. In advertising, in movies, on television. But they are not real people. They are characters. And they are not our friends.

Radical Honesty is the exact antidote to this. It will capture our attention. It will snap us out of our

sleep. It will make you real to us. It will cause us to connect with you. This is very powerful stuff. And it's exactly what we want.

If you want to get deep into Radical Honesty, go here:

<https://m.wikihow.com/Practice-Radical-Honesty?amp=1>

Next, we are going to time ourselves. Yes, with an actual timer. A timer gives us a goal. It puts us on a mission. Humans are naturally goal oriented. When you are given a goal, something very powerful inside you wants to complete that goal no matter what.

3 - The Pomodoro Technique

- 1 - Choose a task to be accomplished.
- 2 - Set the Pomodoro to 25 minutes (the Pomodoro is the timer)
- 3 - Work on the task until the Pomodoro rings, then put a check on your sheet of paper.
- 4 - Take a short break (5 minutes is OK)
- 5 - Every 4 Pomodoros take a longer break

<https://lifehacker.com/productivity-101-a-primer-to-the-pomodoro-technique-1598992730/amp>

We are going to use Focused Freewriting combined with Radical Honesty. We are also going to use the good ole Pomodoro Technique. This gives you the opportunity to write full force and not worry about anything until you hear that ding.

<http://www.marinaratimer.com>

4 - Finding Your Theme

We are going to combine Focused Freewriting with Radical Honesty. I call this my Spaghetti Method. It's going to be a big mess. But we don't care. It's not a problem. And don't worry about it.

First, what type of book do you want to write? A thriller? A romance? A book about finding your perfect mate? A book about business success?

Once you have the book category, I need you to focus on you. Brutally and honestly. Very raw and very brave. No rules and no limits.

Don't worry, what you are about to write doesn't need to be shown to anyone but you. It is simply the basis for our next step.

We now have only two things: A book category and your memories, your dreams, your experience, your intelligence, your strength, your wisdom, your secrets, your love, your anger, and your soul.

Are you starting to see which one is more important? We are going to connect the book category with something raw and fundamental in you. If we can do that, then we can win readers over almost automatically.

Let's say you want to write a cookbook. That's fine. There's certainly nothing radical about a cookbook. Sounds innocent enough.

But as you begin to brainstorm, you think back to when you were a child. And you remember your mom cooking for you. She would make everything from scratch. She even made up her own recipes.

And you marvel at how much time and effort mom expended on you. How happy she was to feed and nurture you. And how happy you were.

But then you realize that women don't do that anymore. They don't have the time. They are working full-time jobs. They are keeping corporations running.

Do you see where this is leading you? You've realized something is missing in our lives. Something warm, something important, something human. So what's the solution?

How about your theme is: The secret ingredient is mom's love. And the title of your cookbook is: One Recipe Just for Your Family.

The book is aimed at busy women who long to reconnect with their families. Not in a quick way. Not in a microwave way. Your book is just the opposite.

Your book is all about doing things by hand and from scratch. Your book is about slowing down, not speeding up. Your book is about dropping your shield and showing your kids and husband how much you love them.

Are you ready?! Set your timer to 25 minutes. It can be a physical egg timer, or it can be the timer on your smartphone. No problem. Your focus is raw honesty. You have a book category, and you have yourself. Go!

5 - Radical Speed Writing

You've gathered your theme and your book title from the previous step. You found them in that big bowl of spaghetti. So what's the next step?

The next step is to hold a little constellation in your mind and write like crazy! But, what exactly is in the constellation? Here are the ingredients:

- A - Your theme
- B - The desires of your readers
- C - Your emotions and memories
- D - Solving the problem for your readers

Your task is to constantly focus on all four of these. They are interconnected. They are all four extremely important. Everything you produce will come from the interactions of these four.

This technique will embed emotion and drama into what you write. Every page will be interesting. Every page will serve the reader. Every page will have your life and your emotions in its DNA.

If you are writing fiction, you may wonder what problem you could solve for the reader. Have you heard of HEA? Happily Ever After. HEA solves a big problem for the millions who read romance.

Bring forth the timer! I recommend you do one 25-minute session to start things off. We want to produce a short, powerful book quickly. Of course, you can do multiple sessions.

Godspeed with your latest creation. And... GO!

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