

# The 25 Minute Fiction System

*This system is designed to be used with a plot in hand. If you don't have a plot ready, you'll need to create that and break it into scenes based on the template you've been provided with.*

**Before you start, clear all distractions. Clear your workspace, clear your desktop. Silence your phone and move your laptop to a new location (I want you to work somewhere you've never worked before), if you don't have a laptop, don't worry about it. Just make sure your surroundings are neat and clutter free. Make sure you place yourself in an environment where you can't get interrupted or sidetracked.**

**The only two resources you'll need are an [eggtimer](#) and the [tomighty timer](#)**

The system is simple: Break each chapter apart and extrapolate each scene in blocks of 750 words (written in 25 minutes) divided by short 5 minute breaks (try to keep your breaks at 5 minutes). This is done a four times for a total of 100 minutes.

I know for many of you, 100 minutes seems like a long time, but the fact of the matter is that there are no shortcuts. If you want to do anything worth doing--making money online and being free of a JOB included-- you've gotta put in the time.

Make sure you place yourself in an environment where you can't get interrupted or sidetracked.

- 1.** To get the juices flowing and to clear your mind, you're going to start with a 5 minute stream of conscious writing exercise. This is very simple. All you do is open a blank word document and write whatever comes to your mind without stopping. The only rules are:

**Never stop writing.  
Never think about what you're writing.  
Never read what you've already written.**

Simply set a timer a timer for five minutes  
(you may use <http://www.e.ggtimer.com>)

and write down whatever comes to your mind.  
You can literally start this exercise like this:

*I don't know what to write, but I'm writing. I see bluebirds and yellow fields, and bananas and watermelons. When I was eight I ate an ant. When I was twelve I swallowed a tac. I like duct tape, but only the silver duct tape. I wish there was blue duct tape. Perhaps there is blue duct tape. This exercise seems silly, but it only takes five minutes so I'm doing it. I like snow and otters and full moons...*

It literally does not matter what you write. It doesn't matter if it makes absolutely no sense. It doesn't matter if every other word is spelled wrong. This is not a test. You cannot fail. The only thing you must do is write for 5 minutes.

**Do NOT skip this step!**

1. Take a moment to look at the scene you'll be writing. For this example, that will be Chapter 1. Scene 1.

*CH 1/ Scene 1 – Daphne Taylor lives a quiet life. She is retired but still working. Perhaps it was an odd concept some years ago, but for Daphne it had been her plan all along. She bowed to the exigencies of her bosses for too many years. Now, however, she is free to work at her own pace, doing what she loves best: editing and writing books. From her apartment's exceptional vista, she can watch the fickle ocean moods, the sandy beach bathing in the sun or soaking in the pouring rain, and the people going about their own lives.*

Read this a few times. Read it once out loud. Don't worry about how you're going to extrapolate on this little paragraph, just read it and let it sink in.

**This should never take more than 5 minutes!**

1. All distractions must be eliminated. Close all other windows or browsers on your computer. You should have nothing open besides the word document and the paragraph describing the scene you're going to be writing. Open your word document and start your "tomighty timer".

You now have 25 minutes to write 750 words.

**It is CRITICAL that you do not look at this writing as something that is going to be perfect, or even good.** Chances are, everything you write is going to feel forced, it's going to feel like total gibberish. This is OK, it means you're on the right path. Ignore all the negativity and stop thinking. **Your job is only to**

**write 750 words.**

**YOU ARE NOT ALLOWED TO EDIT WHILE YOU WRITE!**

25 minutes may seem like a long time, but it is not. If you try to edit yourself or you think too much while you're writing, you'll be lucky to get 400 words.

**Don't read over anything you've written.** Just keep writing. The only exception is that you may look at your reference paragraph (for this example: CH 1./SC 1. ). You may also take a sip of your drink if it's right next to you.

**Do not get up for any reason.** If you have to use the bathroom, wait. If you urinate in your chair you'll remember to use the bathroom before you start next time.

1. When the timer goes off, finish the sentence or thought you were writing. As soon as it's finished, write a quick note about where you left off and what you need to write to tie things together for the next scene.

Take a 5 minute break. If you're using the "tomighty timer" you simply click "short" break and the timer will set itself for five minutes.

During this time you must get off the computer. Do not check emails, or browse the web. Leave your computer for 5 full minutes. Drink a glass of water, eat some peanut M&Ms or use the bathroom.

When the timer dings, resume your position.

**During this time it is CRITICAL that you don't get on your computer! Leave the room if necessary.** Seriously, go outside. Cold and rainy-- all the better! There's a lot of psychology behind this that I'm not going to get into. Just trust me. Leave your computer and go do some jumping jacks.

1. When you sit back down, repeat steps 2 and 3 (**step 2: read the paragraph for the scene you'll be working on next and step 3: check your notes**), as it's likely you'll have to tie the first scene into the scene you're about to start writing.

Then, start your "tomighty timer" and write like the wind! You have 25 minutes to write 750 words.

**That's it! Now that you're in the flow of things, repeat steps 2 through 4 another 3 times, until you're at 3,000 words. Remember, at the end of each push you should be jotting down a few notes for the next time, using your writing momentum to lay the groundwork before you take a break.**

**If you come to a section where there simply is not enough to elaborate on you can either**

**A. Continue from the previous section and merge it into the second section**

**OR**

**B. Simply write what you can for the skimpy section and move onto the next section.**

**Example:**

Say you're writing CH 1./ SC 3. and scene three provides you with very little "meat" to elaborate on, but the end of the previous scene wasn't totally finished, or it simply has more to elaborate on. If that's the case, drag the end of scene 2. into the beginning of scene 3. to stretch out your total word count.

**OR**

If there is nothing at the end of scene 2. you can elaborate on further, simply write as much as you can for scene 3. and then move onto the next scene. Keep in mind you need to do this quick. Do not pause or restart your timer. Look at the paragraph for scene 4. and start writing. Remember, making this scene longer to make up for the brevity of the previous scene may be necessary.

**\*Keep in mind, I'm not advocating you add "filler" to your story. Writing is the art of saying much with little, but that comes with practice. In the beginning, you want to write a lot of words. You want to get in the state of "flow".**

If you come to a place where more elaboration is needed, treat it like another section and write as much as you NEED to move the story forward.

# Recap (VISUAL)

I am using one of the plots as an example. It should go without saying that when I say “THIS SCENE” I’m just making sure we’re on the same page. Insert the scene from whichever plot you’re working on, starting from the first.

The image is a screenshot of a Google Docs document titled "Untitled document". The document content is as follows:

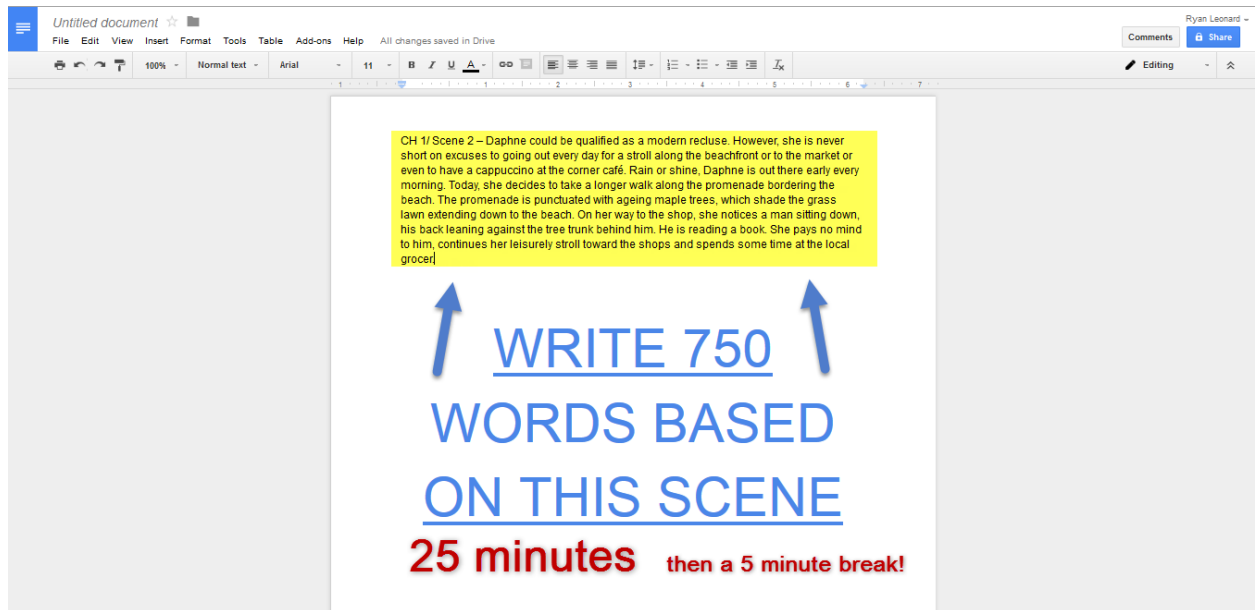
Chapter One CH 1/ Scene 1 – Daphne Taylor lives a quiet life. She is retired but still working. Perhaps it was an odd concept some years ago, but for Daphne it had been her plan all along. She bowed to the exigencies of her bosses for too many years. Now, however, she is free to work at her own pace, doing what she loves best: editing and writing books. From her apartment's exceptional vista, she can watch the fickle ocean moods, the sandy beach bathing in the sun or soaking in the pouring rain, and the people going about their own lives.

Below the text, there is a large blue arrow pointing up to the scene description. To the right of the arrow, the text reads:

WRITE 750  
WORDS BASED  
ON THIS SCENE  
**25 minutes** then a 5 minute break!

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Then...



The image shows a Google Docs document titled "Untitled document". The document contains a yellow highlighted text box with the following text:

CH 1/ Scene 2 – Daphne could be qualified as a modern recluse. However, she is never short on excuses to going out every day for a stroll along the beachfront or to the market or even to have a cappuccino at the corner café. Rain or shine, Daphne is out there early every morning. Today, she decides to take a longer walk along the promenade bordering the beach. The promenade is punctuated with ageing maple trees, which shade the grass lawn extending down to the beach. On her way to the shop, she notices a man sitting down, his back leaning against the tree trunk behind him. He is reading a book. She pays no mind to him, continues her leisurely stroll toward the shops and spends some time at the local grocery!

Below the text box, there are two blue arrows pointing upwards towards the text. Between the arrows, the following text is displayed:

WRITE 750  
WORDS BASED  
ON THIS SCENE  
**25 minutes** then a 5 minute break!

Then...

Untitled document ☆

File Edit View Insert Format Tools Table Add-ons Help All changes saved in Drive

Comments Share

Editing

CH 1/ Scene 3 – On her way home and as she walks past the man again, Daphne notices that he has not moved from the position in which she first saw him. The book is still on his lap. His head is still bent down as if reading the page under his eyes. His hand is still not turning the pages. He looks so immobile that Daphne decides to stop and have a chat with him. Perhaps he is ill. She drops her tote bag on the grass beside the fellow, and crouches down to speak to him. He still does not move – of course he will not move – he is dead, or so Daphne presumes at first glance.

**↑ WRITE 750 ↑**  
**WORDS BASED**  
**ON THIS SCENE**  
**25 minutes** then a 5 minute break!

Then...

Untitled document ☆

File Edit View Insert Format Tools Table Add-ons Help All changes saved in Drive

Comments Share

Editing

CH 1/ Scene 4 – Taking in a breath, Daphne does not want to alert the families already stretching their towels on the patch of grass near the tree and preparing to run into the breaking waves. She takes her cell phone out of her pocket and punches 911. She tells the woman on the line that she will need an ambulance and police assistance. She does not give much more information to the dispatch lady, other than her location and the main reason for her call – a man is dead at the foot of a tree on the promenade.

**↑ WRITE 750 ↑**  
**WORDS BASED**  
**ON THIS SCENE**  
**25 minutes** then a 5 minute break!

# FINISHED!

You're done for the day. Pat yourself on the back. Treat yourself to something nice.  
Sleep well and repeat for six more days. You'll notice it gets easier the more you do it.  
Pretty soon, you'll be writing novels in your sleep!