

WRITING QUEST

Personal 60-Day Writing Program · Arnav Kashyap

DAY 9 · CONTINUOUS FLOW

Date: _____

Player: Arnav Kashyap

Phase 1 · Week 2

WARM-UP · 3 min

3-MINUTE NON-STOP FLOW: write anything that comes to mind. Don't lift your pen. Don't fix anything.

SPEED DRILL · 3 min

Speed copy: 'I keep going.' 5 times in under 60 seconds.

Start: _____ End: _____ Words: _____

MAIN MISSION · Target: 7 lines · 12–18 min

3-min non-stop flow + 'If I were principal for a day...' (6–7 lines).

SELF-CHECK · 2 min

Tell a parent ONE word you wrote that surprised you.

XP EARNED TODAY

+ _____

Enter in the Excel tracker

Parent signature & date: _____

Streak today: Yes Lite Freeze No