

Defend and Publish

Episode 97 Getting Your Writing Session Back after an Interruption

Math lesson

What was planned	How I found 120 minutes
<p>Writing from 8:30-10:50 before teaching at 11 Class 11-12 Personal training from 12:30 -1:15 Lunch and meeting 115 – 2:15 School pickup commute and line waiting 2:15 – 3:15 Class prep 3:30 – 4:30 Commute 4:30-4:45 Class 5- 8 pm</p>	<p>Wrote 7:15 – 8:15 am from home (1 hour) Morning hustle and moved kids to schools 8:15 -10:00 Meeting 10 – 10:30 (moved from 1:15 time slot) before teaching at 11 Class 11-12 Personal training from 12:15 – 12:45 Lunch and writing 1:15 – 2:15 (1 hour) School pickup commute and line waiting 2:15 – 3:15 (write last 20 minutes on laptop in car) Class prep 3:30 – 4:30 Commute 4:30-4:45 Class 5- 8 pm</p>

TAA resource of the day



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Beyond Productivity

How to Build a Joyful Writing Practice

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