

## Writing activity

## TIP #3 EMBRACE THE LAUGH TRACK - THE SITCOM METHOD

Time to Track! Let's Record your Thoughts and Feelings...

This is the PERFECT space to document WHEN you engage in the sitcom method, how you're feeling at the start of the 30 mins and how you're feeling when your time is up.

Reep and eye out for patterns they teach us a lot about ourselves.