



WRITING LIFE RHYTHMS

T.R.A.I.N.

Consider what would change if you as a writer were to move forward with a TRAINing rhythm for your writing life.

BY LANE M. ARNOLD

Hi There!

Faithfulness is woven into the very character of God. Every morning, His mercies are new. Every day, His love is steadfast. As writers, we long to reflect that same faithfulness in our creative lives—to steward the gifts God has given us with purpose and consistency. Yet, like many, we often find ourselves floundering amidst distractions, self-doubt, and the demands of life. This resource is for writers who desire to grow in faithfulness to their calling, trusting that God’s unwavering presence will guide them to greater creativity and fruitfulness.

The writing journey isn’t just about talent or inspiration—it’s about cultivating rhythms that align with God’s invitation to partnership. Rather than striving for perfection or rigid resolutions, we can embrace training rhythms that create space for growth, adaptability, and grace. By adopting habits that reflect God’s nature—steadfast yet merciful—we can become writers who honor Him with our craft and steward our calling with joy and purpose.

This resource will guide you toward building a sustainable rhythm for your writing life, one rooted in faithfulness and practical wisdom. Drawing from the acronym TRAIN, we’ll explore how to be teachable, realistic, accountable, intentional, and nimble in your approach. Through reflection, practical steps, and encouragement, you’ll gain tools to move forward with hope, creativity, and trust in the One who makes all things new.

Joyfully,



ABOUT ME

I am a book coach, editor, and writing coach who delights in helping writers bring their stories to life with clarity and heart. Certified in Christian Formation and Soul Care, I blend my love for teaching and encouragement with years of expertise, holding space for creativity, growth, and transformation.



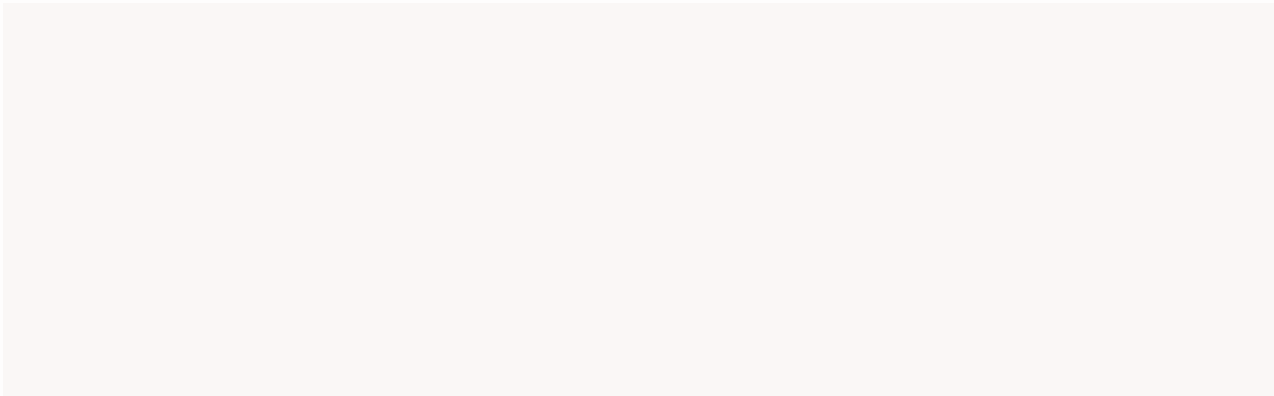
T.R.A.I.N

*Discover faithful rhythms for your writing life.
Train to grow your creativity with grace, purpose,
and sustainable habits rooted in God's love.*

TEACHABLE

- Where are you growing in your skills as a writer?
- What books are you reading that display excellence in word use and plot or theme development?
- How do you spend time being reflective about what makes a book work well?

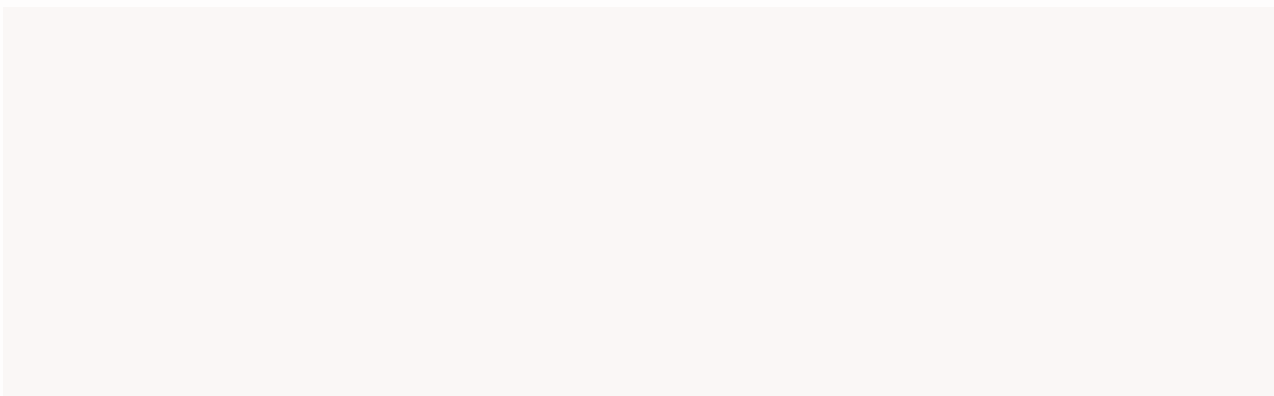
Learn more about the craft of writing from books, book coaches, courses, podcasts, and webinars. Hire an editor. Exchange your latest works with other writers. Be teachable.



REALISTIC

- What's possible and wise in your universe?
- Are your goals too lofty or too easy?

In the season of life you are in, choose small repeatable steps. Over a long period, this will lead to big differences in the quality and quantity of your writing. Set expectations and goals that are possible. Be realistic.



ACCOUNTABLE

- Who is in your circle of accountability?
- Who holds you accountable for the hopes and dreams you have?

Let others into your circle. Join a writing group. Connect with a writing friend so together you can declare deadlines and aim for goals that matter. Hire a writing coach. Be accountable.

INTENTIONAL

- What's on your calendar?
- Where's the time carved out for your writing to happen?

By writing down an appointment with yourself to write, you declare the importance of your craft. You create an expectation that can lead to a rhythm that can grow your life as a writer. Be intentional.

NIMBLE

- How do you move to the ways of the Spirit?
- What mindsets need tossing and which ones need feeding to nourish your stewardship for the gift of writing God has given you?
- What do you have in place to care for your soul as a writer?
- When are you willing to go with the flow that God invites you into?
- How can you hover with God rather than stay on the hustle circuit as a writer?

Be nimble.



Every morning, God is faithful, offering new mercies and inviting us to draw closer. As writers, we can reflect that faithfulness by embracing rhythms of grace that help us grow into the creatives God has called us to be. By being teachable, realistic, accountable, intentional, and nimble, we create space for transformation in both our craft and our hearts.

This journey isn't about perfection but about cultivating faithfulness, step by step. Trust in God's love to guide you, even when writing feels hard or life pulls you off course. Every morning is a new chance to lean into His mercy and steward the gift of writing He has given you. May this workbook encourage you to behold God's faithfulness, embrace your calling, and train for the creative life He invites you to live.





CURIOUS TO
LEARN MORE?



Let's work together to find a path that works for your unique writing situation. Contact me via one of the methods below for a free consultation.

SCHEDULE A FREE
CONSULTATION

www.lanemarnold.com

IG [@lanearnoldlistens](https://www.instagram.com/lanearnoldlistens)

FB [@lane.m.arnold](https://www.facebook.com/lane.m.arnold)

WORKBOOK TEMPLATE #1

Include a description of each workbook section, to help your reader navigate through your workbook easily. Keep this within 1-2 lines



01 This space is where you ask questions that require short responses.
Keep this within 2 to three lines

02 This space is where you ask questions that require short responses.
Keep this within 2 to three lines

03 This space is where you ask questions that require short responses.
Keep this within 2 to three lines
