Act and reflect – but never at the same time! (Steven Pressfield)

**Act:** Free writing (given previous knowledge of what you want to write about & after having written the outline. No re-reading or perfecting sentences allowed.

**Reflect:** Add references, edit the text, re-read.

### Brainstorming Phase

<table>
<thead>
<tr>
<th>ABSTRACT TRIAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Topic and its relevance to the field (broad)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HYPOTHESIS</th>
</tr>
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<tbody>
<tr>
<td>2. Yet unsolved pressing problem you discovered (Hero Narrative!)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Most relevant literature to include</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. Your solution to the problem</td>
</tr>
<tr>
<td>(4.) Conclusion...</td>
</tr>
</tbody>
</table>

This research will show/contribute XY to the discussion/field of AB (relevance again, what are the important outcomes of this research)
FORMAL REQUIREMENTS

Word count

Intended Audience what are this audience’s main interests in your topic? What might you focus on more to please them?

Intended Journal as above but also: citation style, formal requirements

IF IT’S PART OF A BOOK

where is it placed? – do the chapter create a continuous argument?

Chapter before (main idea)

Current chapter to write (main idea)

Chapter after (main idea)

KEYWORDS / BUZZWORDS

be sure to use relevant keywords so your paper will be found

TITLE

make sure the title contains those buzzwords and be as concrete as possible about what the paper is about (if relevant, include topic, place, time, material, method and focus/issue at hand) in an immediately understandable way. Don’t make it too long but rather include one more keyword if unsure

SCHEDULE

Word count required: will often be 7000-10,000 words for a scholarly article of 10–15 pages

No. of 1h time blocks for free writing: a 1h free writing session easily yields 1000 words of raw draft

SESSIONS: WHAT? WHEN?

1. [rightaway] Outline and Intro/Abstract
2.
3.
4.
5.
6.
7.
8.

• 1 session backing up with references
• 2 sessions editing the text (flow, logic of argument, etc.)
• 1 session of proof-reading probably around 1h per session depending how thoroughly you do it
Outline

INTRO
Write out the abstract trias as an abstract / introductory sentence. All this information and maybe also all keywords / key pieces of info like when, where, what data from the title are addressed so people immediately have a clear picture what it’s about and what the goals are. Outline the order of the argument: How are you going to show the problem and the solution? What methods are used? What are the materials?

TOPIC & LITERATURE REVIEW

MATERIALS
- Sources / Examples
- 1-2 images for visualization purposes How do they figure into the argument?

METHODS

THE PROBLEM EXPLAINED/SHOWN
Show, don’t tell!

THE SOLUTION DEMONSTRATED
CONCLUSION

1. What has been done? (recap intro / abstract)

2. What was the problem and how was it solved?

3. What was demonstrated using the given method and why did that make sense?

4. Repeat the results very clearly

5. What new questions came up? – What is still open for further research?

6. Final sentence: What big relevant area did this contribute new important perspectives to?