

**From Chapter 175 of *The Writer's Workout: Take Twenty-Five Actions*
By Christina Katz for *Writer's Digest Books***

Writers are always asking me if they should attend a writing conference. But if you ask me, it's not about whether or not to attend; it's really about how to get the most out of a conference or workshop when you do attend.

Conferences are almost always informative and helpful. But it's what you do with what you learn that makes all the difference. It's about how you transform a bunch of info overload into action that makes all that learning worthwhile.

Here's what I recommend: within twenty-four hours of attending a conference, get twenty-five actions written down that you can immediately apply in your career. Then spend the next couple weeks using your action blocks as a to-do list. Complete whatever actions you can and then cross each off your list as you go. Then you will get your money's worth from any writing conference. Enjoy!
