



QUALITY QUILL COACHING

# THE 3-SENSE WRITER'S TOOLKIT

How to Transform Your Prose and Poetry with Vivid Imagery

BY CHRISTOPHER SIMPSON

# WELCOME

*Hey There!*

I am a firm believer that it is better to give than it is to receive, and I want to be a good steward of the talents that God has given me.

Words are powerful. They can change lives, shape futures, and create entire worlds. To write creatively is to wield the power of expression, creation, and selflessness to share with the world.

I know that there are multitudes of writers out there, with stories and poems burning inside them, yearning to catch fire and soar.

I want to encourage you with this: Your words matter, and writing can not only change your life, but the lives of those around you, and those you may never even meet.

I hope this resource will help you to write more vividly!

Let's bless the world with our words,

*Christopher Simpson*



Follow along with the audio guide!

## ABOUT ME

Christopher Simpson is a published novelist and award-winning spoken word poet. He is also the founder of Quality Quill Coaching, an online coaching company with the mission to help empower writers to reach their dreams in the beautiful art form of creative writing!



# WRITING UPGRADES

## *Enhancing Vividness with Sensory Details*

### Upgrade 1: Sight

True vividness comes from metaphor and comparison, not just naming colors or shapes. Instead of saying "She was tired" you could say "Her gaze was the heavy, gray stillness of the winter ocean."

**Prompt:**

Try using a metaphor to describe someone's defining trait as a visual.

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### Upgrade 2: Sound

Sound sets atmosphere and builds tension. What is a speaker trying not to hear? Sometimes, the strongest sound is a tiny one in vast silence.

**Prompt:**

Write a short paragraph focusing entirely on a room that is almost silent, except for one relentless, repeated noise. Use that sound to suggest a character's internal anxiety or fear.

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### Upgrade 3: Touch

Touch grounds the reader in the moment. Instead of saying "He was overcome by regret" try "The pen felt suddenly wrong in his hand, its barrel slick and cold, like trying to grip an unknown fear."

**Prompt:**

Describe a character holding a simple, everyday object. Use the sense of touch to reveal a strong internal emotion that they are trying to hide.

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READY FOR MORE?



If this toolkit has helped you, and you're passionate about writing, I would love to walk this journey alongside you! Use the link below to schedule a FREE Consultation Call and learn how I can help you further!

SCHEDULE A FREE CALL  
[HTTPS://WWW.QUALITYQUILLCOACHING.COM  
/CONTACT](https://www.qualityquillcoaching.com/contact)