Writing Checklist

Start a personal journal. Write diary-like entries describing your daily life.
Start an essay journal. Write at least one essay per week. Choose a variety of topics.
Join an international pen pals site like http://www.interpals.net/. You can send emails and chat online with people from all over the world.
Use Microsoft Word as a teaching tool. You can learn a lot of synonyms and definitions by right-clicking on words you type.
Use Proof-Writer at https://proofwriter.ets.org/ for an inexpensive method of getting feedback on your essays.
Find someone to evaluate your writing, especially your grammatical errors. Note your errors, and work on eliminating them.
Get a good grammar book that you can use for reference and practice.
Write even if no one scores your writing and gives you feedback. Writing is a skill and like any other, the more you practice, the better you will get.
Increase your typing speed. One way to do this is to time yourself as you write in your journal, and then calculate your words-per-minute speed for each entry.