

How to get over yourself and write



STOP STALLING AND WRITE

Schedule it

Look at your daily schedule and decide WHEN you can fit in 30 minutes (or more) of writing.

Try giving up one TV show daily. Or limit your time on Facebook or other social media.

(Hint: If you think your best time to write is at night but you're not doing it, night is NOT your best time. Try something else.)

You may have to get up 30 minutes earlier. It can change everything. For me, getting up at 4am before a 12-hr shift was hard. But it changed my life.



Kill the Internet

Don't kill it forever, just while you're writing. BUT KILL IT. No research is so important that you can't wait till your writing time is over to do it. Put in an asterisk and move on, come back and fill in the blanks later.

Use an app like Freedom to go offline for a certain amount of time you specify. (I like 45 minutes offline, rewarding myself with 15 minutes online afterward. Repeat!)

Use the program Write or Die. In easy mode, it turns the screen red when you stop typing. Or it plays terrible noise. Or it drops spider images onto your screen. On Kamikaze mode, IT ERASES YOUR WORDS if you stop writing. I write every single first draft using Freedom and Write or Die, in 45 minute bursts.



Get Away from Distractions

If cats/kids distract you at home, go to a cafe. If the cafe is too busy and interesting, go to a library. If you usually just surf the web at your home office, go sit on the couch, or outside on the balcony. Change your view.



Reward Yourself

Every time. For every 30 or 45 minutes you write, enjoy some time on social media. For every chapter you write, take a nap. For every book you write, get a new pair of expensive Fluevogs (that's my favorite reward, ymmv). Small goals, small rewards. Big goals, big rewards.

Repeat Daily

Want more tips and tricks? Visit RachaelHerron.com/write to sign up for my weekly writing encouragement email!