

Your Next Step!

7 ACTIONS You Can Take RIGHT NOW to CREATE the Iron-Clad, Bullet-Proof HABIT That Will Finally Get Your Book out of Your Head and Onto the Page

1. Show Up - what's true for the rest of your life (your job, your child, your spouse, your friends), is true in your writing life as well. BE HERE NOW.
2. A room of your own? The perfect time? Maybe these exist, and maybe they don't. It doesn't matter. PICK UP YOUR PEN and write, RIGHT NOW.
3. Still feeling reluctant? Make Your Writing Goal Small or Even SMALLER - 15 minutes, 5 minutes, even 1 minute of writing will be enough to get you started.
4. CHANGE SOMETHING - the change can be really teensy, like turning your notebook sideways. (It's brain science!)
5. Rewards Work, and So Do BRIBES - a latte, a square of dark chocolate, strawberries (healthy is good) will help you sit down and begin. (Worth it!)
6. NOTICE How It Feels - Good? That's what we're after. High Five and Woohoo You!!!!
7. HOLD YOURSELF ACCOUNTABLE for your writing goals. If you need help with this step, ASK!