

# Writing Tips 'n Tricks

Courage Under Siege Volume 7 – Session 2

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# Welcome

Welcome to our session on "Writing Tips 'n Tricks"! So sit back, get ready to learn, and let's get started!

# What Will Be Covered

## Objectives

In this session, we'll cover practical strategies and tools to help you become a more confident and effective writer. Our objectives include:

- Identifying common writing blocks and how to overcome them
- Exploring emotional and technical solutions to boost your writing productivity
- Discovering supportive tools and resources to streamline your writing process
- Providing additional tips and tricks to help you write with more clarity and confidence



# Writing Blocks

## Types

- Procrastination - the tendency to put off or delay starting a writing task
- Perfectionism - the desire to produce flawless work, which can lead to writer's block
- Lack of inspiration - feeling uninspired or unable to generate ideas
- Distractions - external factors that interrupt your focus and disrupt your writing flow
- Self-doubt - questioning your abilities or feeling uncertain about your writing skills

# Blocks Come in All Shapes & Sizes



You are tired

When you're feeling fatigued, it can be challenging to muster the energy and focus needed for writing. Addressing your physical and mental well-being is crucial to overcoming this block.



"This" needs to get done first

Prioritizing other tasks and responsibilities can make it difficult to carve out time for writing. Learning to manage your time and create a writing-friendly schedule is key.



Favorite show is on television

Distractions like TV, social media, or other entertainment can easily derail your writing plans. Developing strategies to minimize these distractions and stay focused is essential.



Your kids/grands need your attention

Family obligations and responsibilities can often take precedence over writing time. Finding ways to integrate writing into your family life or carve out dedicated writing time can help overcome this block.



Your spouse is making a fuss

Relationship challenges and interpersonal conflicts can be a significant distraction and drain on your mental energy. Learning to manage these situations and maintain a writing-friendly environment is crucial.

# More Blocks



## Your plant died

The loss of a beloved plant can be a surprising and disheartening setback, disrupting your writing flow and sapping your creative energy. Addressing this emotional impact and finding ways to nurture new growth, whether literal or metaphorical, can help you overcome this unexpected writing block.



## You are feeling depressed

Depression can be a formidable foe, making it challenging to summon the motivation and focus needed for writing. Acknowledging this mental health struggle and seeking appropriate support, whether through self-care practices or professional guidance, is crucial to navigating this writing block with compassion and resilience.



## You've had too much wine

While a glass of wine can sometimes help with creativity, overindulgence can quickly lead to impaired judgment, diminished focus, and a general sense of malaise that hinders your writing progress. Striking a balanced approach and being mindful of your alcohol consumption can help you maintain a clear and productive mindset.



## You've not had enough wine

On the flip side, a lack of self-care and relaxation can also contribute to writing blocks. Finding the right balance between work and play, and incorporating small indulgences like a glass of wine, can help you recharge and approach your writing with renewed energy and inspiration.



## Insert your block here

Writing blocks can take many forms, and it's important to be attuned to the unique challenges you face. Whether it's a personal crisis, a professional obligation, or a simple lack of motivation, identifying and addressing the root cause of your writing block is the first step towards overcoming it and regaining your writing momentum.

# Solutions & Tools

Now that we've explored the various writing blocks you may encounter, let's dive into the solutions - both emotional and technical - that can help you overcome these challenges and boost your writing productivity and effectiveness.

## Emotional Solutions

Addressing the emotional and psychological factors that contribute to writing blocks is crucial. This may involve practices like mindfulness, self-compassion, and stress management to help you cultivate a more positive and resilient mindset. By acknowledging and validating your feelings, you can learn to navigate the ups and downs of the writing process with greater ease and confidence.

## Technical Tools

In addition to the emotional aspects, there are also a variety of practical, technical tools and strategies that can streamline your writing process and help you write more efficiently. This may include utilizing productivity apps, implementing effective time management techniques, and leveraging digital resources to enhance your writing skills and workflow.

# Emotional Solutions

## Give Yourself the Benefit of the Doubt

It's easy to be overly critical of our own writing, but it's important to give yourself the benefit of the doubt. Acknowledge that the writing process can be challenging, and be kind and compassionate towards yourself.

## Acknowledge Your Feelings

Writing can bring up a range of emotions, from frustration to inspiration. Take the time to acknowledge and validate your feelings, rather than trying to push them aside. This can help you work through any emotional blocks.

## Free-Write in a Journal

Freewriting in a journal can be a powerful way to explore your thoughts and feelings without the pressure of producing polished work. Let your thoughts flow freely and see what emerges.

## Meditate

Incorporating mindfulness and meditation practices into your writing routine can help you cultivate a more focused and centered mindset. This can be especially helpful when you're feeling scattered or overwhelmed.

## Ask for Spiritual Guidance

If you have a spiritual practice or belief system, consider asking for guidance or inspiration from a higher power or source of wisdom. This can help you tap into a deeper well of creativity and resilience.

## Surrender to a Higher Power

Sometimes, the best thing we can do is let go of our need for control and surrender to a higher power or the creative process itself. This can help us release our attachment to perfection and embrace the flow of writing.

## Honor the Work You Do Complete

It's easy to focus on what we haven't accomplished, but it's important to also celebrate the progress we've made. Take time to acknowledge and honor the writing you have completed, no matter how small it may seem.

## Find Tools to Inspire

Surrounding yourself with inspiring resources, such as quotes, images, or music, can help you tap into your creative well and overcome emotional writing blocks. Experiment with different tools and see what resonates with you.

# Technical Tools at Your Disposal

## POMS (Pomodoro Technique)

The Pomodoro Technique is a time management method that encourages you to work in focused, 25-minute intervals called "Pomodoros", separated by short breaks. This can help you stay on track, avoid distractions, and maintain a steady writing pace.

## Writing Template

Using a structured writing template can provide a helpful framework to organize your thoughts and streamline your writing process. Experiment with different templates, such as outlines or storyboards, to find the one that works best for your writing style and project needs.

# Supportive Tools at Your Disposal



## Volume 7 Facebook Group

Connect with a supportive community of writers in the Volume 7 Facebook group, where you can share your progress, ask questions, and receive encouragement from your peers.



## Coach Support

Leverage the expertise and guidance of a dedicated writing coach, like me, who can provide personalized feedback, strategies, and accountability to help you overcome your writing blocks.



## Peer Support

Engage with a network of fellow writers who can offer a fresh perspective, constructive feedback, and a sense of camaraderie to help you stay motivated and inspired.



## Personal Check-in

Schedule regular check-ins with yourself to assess your progress, identify areas for improvement, and celebrate your successes along the way.



## Networking

Expand your writing community by attending virtual or in-person events, workshops, or conferences where you can connect with other writers and industry professionals.



## Create a POM Session

Utilize the Pomodoro Technique to structure your writing time, alternating focused work periods with short breaks to maintain productivity and avoid burnout.

# Additional Tools at Your Disposal

## Analog Tools

- Pen
- Pencil
- Paper

## Digital Tools

- Computer

## Social Support

- Call a Friend

## Creative Inspiration

- Use Your  
Creative Door

# Now You Know



## What Blocks You May Come Against

You now have a deeper understanding of the various writing blocks you may encounter, from procrastination and perfectionism to lack of inspiration and external distractions. Recognizing these challenges is the first step towards overcoming them.



## Define Your Solution

You've explored both emotional and technical solutions to address your writing blocks, from cultivating self-compassion to leveraging productivity tools. By tailoring these strategies to your unique needs, you can develop a personalized approach to boost your writing effectiveness.



## How to Use the Tools Provided

From the Pomodoro Technique to writing templates and supportive communities, you now have a toolbox of resources at your disposal. Experiment with these tools and find the ones that resonate most with your writing style and preferences.



## Where to Access Help

Remember, you don't have to navigate the writing process alone. Reach out to your writing community, connect with a coach, or engage in peer support to gain valuable insights and encouragement along the way.

# Announcements

# Announcements & Reminders

1

Next Meeting Tuesday June 18, 2024

Topic: Kick the Killjoys to the Curb!

This will be an important gathering to discuss our progress and any upcoming deadlines.

2

Courage Under Siege Volume 7 Group

Don't forget to stay engaged with our Courage Under Siege Volume 7 group. This is a valuable community for sharing ideas, seeking support, and staying motivated.

3

Documents/Files

Make sure you have access to the Resource Page, where all the necessary documents, including the writing template, reside. There you will find a few POM session videos, too.

4

Schedule w/meeting link

Check your calendar and the meeting link to ensure you're prepared for the upcoming session. Staying on top of the schedule will help you make the most of our time together.

5

Chapter due July 3, 2024

Remember, the next chapter is due on Tuesday July 3, 2024. Set aside time in your calendar to complete this important milestone and submit your work on time.

6

Check Spam / Junk Folder

Don't forget to check your spam or junk folder regularly, as important updates and information may end up there. Staying vigilant will help you stay informed and connected.

# Q & A

Now that we've covered a wealth of information on overcoming writing blocks and leveraging various tools and solutions, we want to open the floor for any questions you may have. This is your opportunity to dive deeper into the topics we've discussed and get personalized guidance to help you on your writing journey.

Remember, there are no silly questions - we're all here to learn and support one another. So don't hesitate to speak up and let us know what's on your mind. We're excited to engage in a lively discussion and ensure you leave this session feeling empowered and equipped to tackle your writing challenges head-on.



# Common Questions

1 How does the writing template work? What if it doesn't?

The writing template is designed to provide a structured framework to help organize your thoughts and streamline the writing process. If you find that the template doesn't quite fit your needs, feel free to adapt it or explore alternative templates that may be a better match for your writing style and project requirements.

2 How do I add my profile pic?

Attach a professional-looking photo (jpg or png) of yourself – just you, not your dog or cat – in an email. I am able to manipulate the image to my requirements. If you have any trouble with the upload process, don't hesitate to reach out for assistance.

3 Can I add a quote to the beginning of my chapter?

Absolutely! This is a requirement. Adding a relevant quote to the beginning of your chapter can be a great way to set the tone and provide a thought-provoking introduction. Feel free to include a quote that aligns with the theme or content of your chapter, and be sure to properly attribute the source.

4 How do I submit my chapter?

To submit your chapter, please follow the instructions provided in the writing guidelines. This typically involves sending an email attachment. If you have any questions or need clarification on the submission process, don't hesitate to reach out.

5 What is the deadline for submission?

The deadline for submitting your chapter is July 3, 2024. Please make sure to mark this date in your calendar and plan accordingly to ensure your work is submitted on time. If you anticipate any challenges in meeting the deadline, please communicate with the project team as soon as possible.

# Thank You for Attending!

- Thank you all for joining us today and participating in this informative session on overcoming writing blocks and leveraging various tools and solutions.
- We're excited to share that the replay of this presentation will be posted **soon on the [Resource Page](#)**, so you can revisit the content and share it with others who may have missed it.

