

Getting Motivated and Tackling Resistance Worksheet

This is the worksheet for May's seminar, which you can find in video, audio and transcript forms at: www.writershuddle.com/seminars/sept2013.

Getting Motivated

Hopefully you are motivated at least sometimes – but all writers have times when motivation is lacking. This can be caused by:

#1: Being Busy or Stressed

Give yourself a break or lower your writing targets if necessary. You may want to focus on smaller projects (e.g. short stories / articles) for a while. Where possible, tackle the cause of the busyness / stress.

#2: A Lack of Support

If you feel isolated or that no-one around you “gets” writing, look for sources of support. The Huddle forums are a great place to start. You might take part in a group writing effort, either locally or online (e.g. NaNoWriMo).

#3: A Long Break from Writing

After time away from writing, you might find that your desire to write is low. Rekindle it by reading about writing, or by taking a writing course / class to give you some additional structure and support.

#4: Not Writing Consistently on One Project

Ideally, aim to:

- Write on a regular basis (e.g. weekly)
- Work on one main project at a time, sticking with it until it's complete

Tackling Resistance

Resistance is the feeling of *I don't want to do that!* It often comes up with activities that demand physical or mental energy – e.g. exercising, making a difficult phone call, and of course writing.

Once you get started on a task, the resistance usually dramatically diminishes.

Sometimes, the feeling of resistance is alerting you to a problem in your writing. Take a step back if necessary. Often, though, it's just a natural part of the writing process. Here's what you can do to tackle it:

#1: "Taste" Your Writing

Find a way to have a little taste of what you want to do. This could mean reading about writing, playing around with a prompt, or jumping straight in at an exciting scene.

#2: Take the First (Tiny) Step

Work out the very first step toward writing. For me, it's sitting down at my computer and opening up the document for my novel. Once I've done that, and typed a heading for the next chapter, the resistance decreases.

#3: Deliberately Set Aside Time to Write

By blocking out time on your calendar, you can look forward to your writing appointment. If you get to writing time and feel resistance, tell yourself it's fine to just do 15 minutes. Play around and don't worry about outcomes.

#4: Take the Pressure Off

Don't tell yourself that everything you write has to be perfect. Your first novel might not be a best-seller, your first blog might not have hundreds of thousands of readers ... and that's fine! Relax, and enjoy writing.

Exercise

1. Look at possible causes for your lack of writing motivation. What can you do to tackle these? If you're very busy, can you block out some time in a couple of weeks (and keep it clear)?
2. Next time you feel resistance to writing, remind yourself that you just need to get started. Take the first little step. You might also try easing yourself in with a writing prompt.

If you want to share your experiences of motivation and resistance, stop by the forum thread for this seminar:

www.writershuddle.com/forums/seminars/september-2013-getting-motivated-and-tackling-resistance