

Writer's Block

*The Top 10 Best Methods For Overcoming Writer's Block
And Increasing Your Creative Productivity*

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Introduction

Writer's block is a balloon term for many different types of creative blockages authors experience when they sit down to write. Questions, thoughts, doubts, and fears go through their minds which prevent them from accomplishing their tasks.

- What should I write about? I have so many ideas in my head. Should I do this story line or that one? Should I do one book or a series?
- How should I start? Do I start with a Table of Contents or an outline? Or maybe I should write the chapter titles first. But then, if I do a series I need to have the ideas for each book so I know where to start and stop.
- Should I add an acknowledgments page? There are so many people that I could acknowledge, how would I know which ones to put in and which ones to leave out?
- What will I write in my bio? I'm a nobody! What could I possibly say?
- Should this be a memoir, fiction, non-fiction, or self-help? My life story is a lot to share, but how I share it might make a difference... Maybe I should do a pro and con for each type of book...Pros for a memoir, cons for a memoir, pros for fiction, cons for fiction...
- Have I bitten off more than I can chew...?

The questions are endless, and will stop many a writer in their tracks. However, as many an author will tell you, there is a way around it, and some ways are easier and faster than others.

Different authors use different techniques to get past their writer's block. What works for one may not work for another. Think about the sports athlete who wears the same *lucky* socks for every game or the salesman who wears the same tie to each presentation? Each one believes they have the edge because of what they are wearing.

Authors are no different. They may have a lucky pen to write with. They may have a special place where they sit when they are brainstorming for a story. Maybe they wear a special shirt or a special hat when they sit down to the computer. Whatever the quirk, the author, salesman, or athlete believes they have an edge by using that same tool,

sitting at the same place, or wearing the same article of clothing. Call it luck or superstition; these people think they will get the desired results by doing it the same way. Do you have a lucky pen or a special tie, hat, or shirt? If it works for you, keep using it. However, if you're finding yourself more often than not staring at a blank computer screen, wishing you could gauge your eyes out with a dull lead pencil...I'm thinking it's time to look for other ways to kick-start your writing.

You will read here the top 10 best methods for overcoming writer's block and numerous ways of increasing your creative productivity. When you get stuck, I hope you will find these different exercises helpful in jump-starting your motor and diving into more productive writing.

Chapter 1: What is Stopping You?

"There is no such thing as writer's block for writers whose standards are low enough."
—American poet William Stafford

What Stafford is trying to tell you in his offhand way, is not to take yourself too seriously. Before becoming your worst critic, make sure you allow yourself to explore your ideas rather than constantly editing them. Look at what you are doing objectively. You are joining the ranks of thousands of other authors who decided they had a story to share and were determined to share it. So share it like you would share a story with a friend or family member and allow your thoughts to flow freely.

There are various reasons for getting stuck either at the beginning, middle, or end. So let's identify the various creative blocks writers experience in order to find out what exactly is blocking or stopping you from achieving literary greatness...or at the very least a super cool story.

- 1. Zero story ideas.** This is where you literally stare at a blank page all day long, misguidedly assuming that if you stare at the white, empty space long enough you just might will an entire storyline into being which magically writes itself without any effort on your part. Though it's a truly awesome superpower, I've never heard of an author capable of such grandiose storytelling, or a computer capable of reading an author's mind.
- 2. Too many story ideas.** The creative genius that is you knows no limitations when it comes to whipping out series-length story ideas with the most amazing kick-ass heroines and sexy heroes in existence. The problem with this is every single idea is so freakin' fabulous you simply have no idea where to begin. You can't possibly focus on one story when all of your other stories beg to be written. Sigh.
- 3. You're stuck at the beginning.** You know exactly how you want it to end, but you aren't sure how to start it. What's the best way to draw your audience in? What if the first page isn't compelling enough? What inciting incident would work best to begin this novel? What compelling dilemma should I place my

characters in? Hopefully, if you know how you want it to end, then you already know what the overarching goal of the book is, which means that needs to be introduced within the first chapter or so. How exactly can you introduce that?

- 4. You're stuck in the middle.** This one truly sucks. You thought you had an idea of where your book was going and which steps needed to take place in order to reach the climax of the plot, but now you have no idea where to go from this point on. Your creative genius is on hiatus, and the fear of failure begins to eat at your tenuous self-confidence. Even if you are a serious planner and you have a detailed outline, this can still occur if the direction your outline takes you in isn't where you want to go anymore.
- 5. You wrote your characters into a corner.** This particular problem is something I consider the ultimate discourager simply because you took your characters down the left side of the fork in the road and fifty pages later you realize you should have taken the right one. Bloody hell! You either scrap the last fifty pages or figure out a way to graft some of that creative tangent into one fantastic recoup in the other direction.
- 6. Forgot a scathingly brilliant idea.** Have you ever thought of a great writing idea in the car and then completely forgot what it was by the time you got home? On the other hand, maybe you had a great dream that you wanted to write about, but by the time you finished breakfast and got the children off to school, you couldn't remember what the idea was about. This one is easy to fix so I'll just tell you how to fix it right now. Always keep a pad of paper and a pen near your bed so you can write down your dreams when you wake up. Record your ideas on your phone with a voice recording app if you can't write anything down at that very moment.
- 7. Your characters live in Snoozeville, USA.** Have you gone over the last several pages of your manuscript and discovered that you hate your characters so much you begin to come up with deranged and disturbing ways to off them in your novel and be done with it? (If your own murderous thoughts begin to frighten you, please consider some chocolate and a sedative at this juncture.) Are your characters' personalities dry and lifeless? Or do they have so many different personalities residing within them, you're seriously considering sending them to a shrink?
- 8. You allow fear to take control.** Are you afraid of what people might say? Are you afraid you won't do the story justice? How realistic are your fears? Examine them and see if they have any substance or if you really need to chuck them out the window. It is absolutely impossible to write a single paragraph if you are constantly worried about what others will think of your characters, your plot, your voice, your style, or even your overall idea. Although it is important to understand who your audience is, it is destructive to see your story through the eyes of a critic. Editing needs to happen, of course, but your Inner Critic can prevent you from finishing your story if you continue to listen to its pervasive whisperings of failure.
- 9. You can't get this one sentence or this one scene just right.** As a writer

you may find it embarrassing that at times you simply cannot find the words to describe a feeling, thought, or conflict in the way that will have the most impact upon the story and your readers. You could literally spend hours agonizing over a scene because it doesn't flow like it needs to. It doesn't evoke the necessary emotions or build to something thought provoking or poignant. Do you want it to be perfect? Keep waiting as it will never hit perfection, no book ever does. However, it can hit a place where it will be perfect for you. There will be a sweet spot where you will have an *aha* moment when it is all you want it to be.

- 10. You discover plot holes within your story.** Let's say you're a mystery writer and the facts simply don't add up once the mystery has been solved and the criminals brought to justice. Or maybe you've created a new world with new rules and social structures to follow, and you realize that some of your most amazing action sequences or compelling dialogue can't possibly happen within the limits of this world or society you've created. You've broken your own rules! Scandalous.

After reading these ten different issues, which one best describes your current situation? Or do you suffer from all of them at different times? What is really stopping you?

Obviously there are many more problems you could face as a writer, and many distractions your mind focuses on when you already feel blocked and don't know how to push through it. You begin to make up excuses so you don't have to sit at your computer staring at a story that refuses to write itself. Excuses like:

- I'm waiting for inspiration.
- The kids are too noisy.
- The house is too quiet.
- My chair is uncomfortable.
- This desk is too low to reach the keyboard and type comfortably.
- I'm too tired after working all day.
- I'm too busy with running the children to their events; and too pooped to write when I get home?
- There aren't enough hours in the day to find time to write.

Don't let these distractions stop you from moving forward with your book. Instead, you need to decide which block you're facing at the moment and do the exercises necessary to push through that block until your excuses melt into oblivion and you're back to writing again with the kind of excitement that spurs you forward to the end of the book.

There are hundreds of thousands of writers and just as many reasons for writer's block. However, you need to make time for your writing, you need to be determined to write your book. Identify the fears and doubts that may be holding you back so you can

resolve them and move on. Then you need to put forth the effort and knock it out of the park!

Chapter 2: Where Does Your Inspiration Come From?

“Don’t waste time waiting for inspiration. Begin, and inspiration will find you.” — [H. Jackson Brown Jr.](#)

What inspires you to put pen to paper, or in this day and age, hands to the keyboard? Do you like to hear music? Do you need quiet? Do you look at your children for ideas? Or maybe your grandchildren? Do memories trigger your desire to write? Or maybe the anecdotes from days gone past might get your writing juices flowing. There are as many ways to kick off a writing spell as there are to block the writer from writing.

Consider why you wanted to write this book in the first place. What made you think you could do this? What was your original inspiration? Was it a book? A movie? A family member? A tragedy? A *There Oughtta Be A Law* incident? Maybe something in your life that you want to share with the world is what excited you enough to decide to write the book.

Visual Inspiration

Are you a visual learner? Do you see things that make you think you should write about it? Do you daydream? Do you lay on the grass at the park and watch the clouds go by, seeing shapes and animals? Maybe you get ideas from watching a movie, or seeing a license plate with special lettering. As a visual learner, any and all things you see can embolden you to write a best seller if you let them.

As a visual learner, you can walk around the block, go to the city, or the park for ideas to start flowing. Take a recorder of some sort or a writing tablet so that when ideas do come to mind, you can record them for later. You may find that you get ideas for future books as well as the one you want to write now. On the other hand, you may get so excited over an idea that comes to mind, that you may decide to write a different book now, and save the one you were stuck on for a later date.

Auditory Inspiration

Are you an auditory learner? Do you hear a song or a concerto and want to write a story about it? An auditory learner receives and learns the best through hearing. You could hear a lecture and it could sway you to write a book. Other things you might hear for inspiration would be a band playing, a sermon, and children playing in the park. Anything auditory that you find beautiful and worthwhile could impress you to write a children's book.

As one that learns through their auditory senses, you probably have things at hand that you turn to when you want to relax. Maybe you have a favorite band and own all of their music CDs. You could listen to those to get your mind off the writer's block dilemma. If you don't have that available, maybe you could listen to a favorite radio station. On the other hand, you may need a change of pace, so why not walk around the block and listen to the city, or the country, depending on where you live. City noises like cars honking or brakes screeching can make you think of a variety of things, as can the country noises of roosters crowing and cows mooing.

Tactile Inspiration

Tactile learners learn through the sense of touching and using their hands. If you learn in this way, you might be motivated to write a book while creating pottery, or sanding wood. You might be a great cook and while baking bread decide to create a recipe book.

As one that learns through using your hands, what do you do to relax? Do you crochet, make crafts, color a special book, or bake? Or maybe you do woodworking. Sit down and start on a project, or work on one that you already started. Getting your mind on doing something you enjoy may help you find the inspiring thoughts you have been looking for.

As you can see, people learn in different ways. When you understand which way you learn the best, you will know what works the best to stir you to write. If you can be inspired, you can frequently overcome writer's block.

However, maybe you don't know if you are auditory, visual, or a tactile learner or which method would work best. Or maybe you *do* know which way you learn best, but nothing is working to get you back into the swing of things. Then you should try something new. If you are a visual learner, try the auditory ways. Listen to some music that you like and see if that knocks out the writer's block. Or you could try doing some artwork to get your writing juices flowing.

If you are an auditory learner, try doing something with your hands like the tactile learners do. Maybe you should go make noodles from scratch, or bake a pie like Grandma used to make, or go chop some wood in the back yard. If that does not work, try the tricks the visual learners use like watching a show, or watching the clouds strolling across the sky.

Then again, if you are a tactile learner, try one of the other tricks from the auditory or visual learners. Go to the park and watch the children playing, or listen to a sermon or a great speaker. See if they inspire you to get back to your keyboard.

While you may learn one way most of the time, there is no rule that says you cannot

learn other ways on occasion. When one thing does not work to break the block in your mind, be adventurous and try another method.

Chapter 3: Top 10 Best Methods For Overcoming Writer's Block

“Writing is talking, except you get the chance to edit what you just said.” —[Bangambiki Habyarimana](#), [The Great Pearl of Wisdom](#)

In this chapter, you will find answers to what you have been looking for to get beyond the writer's block. You looked at what is stopping you in Chapter 1. In Chapter 2, you looked at ways to be inspired. Now in Chapter 3 we will delve into ten surefire ways to eliminate writer's block so you can begin to write again.

Some ways may work better for you than others. Additionally, you may find that one method may work this week, but that you need a different method next time. Don't give up; there is always a way around writer's block, and sometimes the adventure of looking for it is the way to break the block.

1.) Copy Others

I know this sounds like plagiarism, but it isn't. It's more about not reinventing the wheel. Go visit Amazon and take a look at the books on the bestsellers lists. What themes and story lines are popular now? What types of characters are resonating with your target market? What, in fact, is your target market? Are you writing children's books? If so, you may find as you do some research that books about specific animals such as horses or sharks are popular with certain age groups. This is going to help those of you who are staring at a blank page for hours while nursing a stale Twinkie.

You could write a children's book about a shark who lost his teeth or a horse who misses its owner. Maybe you could write a young adult book about angels and demons or witches and warlocks. Take a look at the various genres and categories on Amazon and identify what calls to you and what is popular within those genres. Make a list of these things and narrow it down to just one idea. Then start outlining it, or if you're a discovery writer, just begin from the beginning.

2.) Free Write.

For those of you struggling with the fear of failure, your Inner Critic, or the inability to form that perfect sentence or scene just right, this method is going to be extremely helpful to you. Let go of the perfectionist in you and start writing about things that have happened to you within the last few days. Write down every thought, every idea, every feeling, regardless of whether or not the sentences or phrases are even coherent. Great writing is simply bad writing perfected over time. Free yourself from the idea that every word must be placed perfectly, and you'll find that many of those sentences and paragraphs are turning out pure genius. Once you free your thoughts and refuse to censure yourself, you'll find the right words come to you that much easier. If free writing isn't happening for you then use a recording app on your phone and free speak about anything you want to or free speak the scene you have envisioned. Go back over the recording and if any of it is usable then have at it.

3.) Mind Mapping: One Awesome Way To Brainstorm.

Mind mapping is a great way to brainstorm. Pick a topic and write it in the center of your page and circle it. Draw lines from this circle and label them as characters, context, problem, overarching goal, obstacles, etc. then draw lines from the character topic and make a list of your protagonist, antagonist, and secondary characters. Draw a line from the problem topic and list the main problem your protagonist is faced with. Go to goals and list the main goals, wants, and needs of your various characters. Then make three lines or incidences that will allow your protagonist to accomplish this goal or overcome this obstacle. Do that with all of your characters and you'll find that you have some great subplots to add to your story.

Continue on until you've filled out this mind map to the best of your abilities and exhausted any and all avenues you want to cover. Then write a synopsis or outline of this mind map and organize it in a way that allows you to write the first chapter, and then the second, and so on. You will find that an organized outline makes writer's block virtually impossible because you always know exactly where your story is headed. If you're a visual learner like me you can check out a Youtube tutorial [here](#). You don't have to do this on a computer. You can mind map your story freehand.

For other ways to brainstorm, check out this website [here](#).

4.) Write For Someone Specific

This will help you with likable characters, story ideas, and your Inner Critic. This is a little like understanding your target market, but much more individualized. Consider the type of person who might like the book you are about to write. Identify a person in your life who resembles this type of individual. If you are writing for teens, maybe you will write the book for your daughter, keeping in mind what interests and excites her. Consider the different challenges and obstacles your teenager faces in her life. What motivates her? What inspires her? Write the book specifically for that teenager and you'll find it easier to keep those ideas flowing.

When I wrote my romantic comedy, [Marry Your Billionaire](#), I knew that my target audience would be women who enjoyed chick flicks and romance with happily ever afters, lots of humor, a feisty heroine, and a swoon-worthy hero. One of my close friends loves these types of books, so when I wrote it, I simply kept her in mind the entire time. I often joke that I wrote the book for her, and in a way I did.

5.) Have Your Characters Do Something They've Never Done Before

This is going to help you with character development of likable characters, writing yourself into a corner, and getting stuck in the middle of your book. It is important that our characters have specific do's and don't's within their framework so we understand their personality types, strengths, and weaknesses. Remember that your characters should constantly be growing and evolving in some measurable way. This prevents them from being boring and useless within the story. If your protagonist is a city girl who would never in a million years be caught dead in a Podunk town riding horses and mucking out stalls, then drop her right in the middle of the hokiest, redneck setting you can possibly imagine and put her out of her comfort zone every opportunity you get. If she is unwilling to touch a horse, put her in a situation that forces her to get over her fears and take action.

In my romantic fantasy series, [The Healer](#), Hope is dedicated to using her powers of healing for good, even when healing others becomes detrimental to her own health. She would never in a million years use her powers to harm or possibly kill, which leads to an interesting dilemma when she has to defend herself and her loved ones and finds that she actually enjoys the ability she has to give or take life as she sees fit. There is a darker side to her powers and possibly to herself, which deepens her character development and creates a compelling internal struggle for her. It makes her a much more interesting protagonist. (There is a FREE offer for the first book in this series at the conclusion of this material, just in case you're a fan of free books and would like to see what happens. If you need a breather, you can take a quick break and grab it for free right now at this link [here](#).)

6.) Take a Page Out of Your Life.

This will help you with no story ideas, plot holes, getting stuck in the middle of your book, or boring characterization. Get a piece of paper or a blank file page on the computer and start writing everything that comes to mind. What dilemma or problem were you, a friend, your significant other, or a coworker faced with and is it something you can use in a story. What crazy dating experiences or embarrassing moments could you include in the middle of your romance? What kind of villains have you or others experienced in your lives? How can you incorporate their behavior into your story to add conflict and tension? You will find things will become clearer after that. You may also find that there are ideas for more than one book.

Have you ever wanted to go skydiving, but never had the nerve to actually set it up? Are you interested in art classes, but put off enrolling for various reasons? Is there a place you've always wanted to visit, but you've never had the time to plan it? The more we

experience and try new things, the more opportunities we have for enjoying different emotions, conversations, personalities, trials, obstacles, and relationships which leads to more story ideas and content for interesting scenes and entertaining dialogue. The craziness of life is the best fodder for truly remarkable, uplifting, thought-provoking storytelling. Life truly is stranger than fiction. Living life to its fullest is a great way to come up with new and wonderful material that is sure to inspire your readers.

7.) Step Away

Step away from what you are working on and do something else that is creative and engaging. This helps to give your mind a breather and refocus your thoughts while still allowing your brain to continue to tap into its creative processes. Build Legos with your children, play Pictionary with your husband, do some yoga or Pilate's to bring in more oxygen to the brain and blood vessels, or have a dance party with some friends to all of your favorite music. The point of stepping away from your manuscript is to completely stop thinking about it.

Don't worry about your plot holes, don't stress over your character and whether your protagonist is complex enough or multi-dimensional and compelling, and forget about whether or not there is enough rising tension between your love interests while you are playing ping pong with your significant other.

Step back for a time and allow yourself some breathing room. Once you feel rejuvenated, simply start again and write the first sentence that comes to mind even if it has nothing to do with your story. Keep going until you feel inspired to rework those subplots and deepen the characterization of your protagonist.

8.) Read A Book

Read a book from one of your most favorite authors. Preferably one that is within the same genre of the book you are writing. Pay special attention to the plot and structure of the book, imagery, dialogue, orchestration, and setting. How does the author describe a scene? How does the author build tension, suspense, and intrigue? How does the author make the dialogue snappy and the pacing fast and engaging? Everyone has their own creative writing voice and style, but it is always wise to study how others craft their stories together and learn from their technical writing skills.

I love to grab a good romance and study the dynamics between the two love interests. I pay special attention to how the author creates that sexual tension, attraction, and build-up between the two characters. Facial expressions, gestures, inner dialogue, internal conflicts, and physical touch all work to create the type of scene where you are aching for your love interests to engage in that first touch, that first kiss, and then the payoff hits when it actually happens. This is an essential skill to develop for any romance author. So if you write romance, grab a book from a talented romance writer and begin to learn from the best. This will help you whenever you may have a scene you find yourself stuck in or whenever your characters' connection with one another or with the reader feels bland and downright uninteresting.

9.) Listen To Music

Man do I love this one. I'm originally a singer and songwriter, so I am always listening to music and pulling out the story or main idea within a song and either labeling it pure genius or pure idiocy. Genius lyricists are sharing an incredible story with you in less

than three minutes. Talk about the shortest short story ever. Taylor Swift and Sarah Bareilles are perfect examples of this. Go listen to [Manhattan](#) by Sarah or [Blank Space](#) by Taylor. Pay attention to the story each song shares.

Manhattan is a song about love ending, changing, forcing her to move on and let go of the places, memories, hopes, and dreams she's loved for so long, but even worse she has to let go of her significant other and settle for living apart from him. He can have Manhattan. She'll settle for the beach. Could you write a touching romance novel about that? Something that's sure to rival the most heart wrenching Nicholas Sparks book ever written. (Seriously, does every single one of his books have to involve losing a loved one? Box of tissues, please?)

Blank Space is about a girl who has a long list of ex-lovers. She chews 'em up and spits 'em out. Now why on earth would a girl like that have such a hard time being in a relationship in the first place? Why is she a serial dater? Is she cursed? Is she suffering from demons in her past? Can you take the song literally and create a world where a solitary princess sits in a castle waiting for the right man to come along, but each suitor she invites in who fails to break the curse drives her to the brink of madness? Like a crazy Beauty and the Beast role reversal.

Sounds like a good story idea to me. Go online and find other bands who write killer lyrics like Fall Out Boy or Hozier. Get old school and listen to some Phil Collins or Bon Jovi. You can take themes from these songs and get great story ideas or even character concepts and conflict from them.

I sometimes find that when I write a song, I can actually create a book from that song or I can write a book and then strip the theme down into a tight song at the end. (If you would like to take a look at some of the songs I've written you can go to this page [here](#))

But for those of you who wouldn't even know where to begin when it comes to song writing, just listen to them instead. Start with one song and pick out the message it is trying to convey. If that message calls to your heart, start to build a story around it.

Music is also a great way to get you in the mood to write the scene you need to write. If you have to write a heartbreaking scene about losing a loved one, but you can't get into it because, hey, you're a fairly happy individual, you might need to listen to songs that awaken the inner brooder in you. Songs that touch your heartstrings and bring a tear to your eye. You could also watch a movie to get you in the right frame of mind. If I ever need to handle a scene that is heavy, all I have to do is watch Titanic with Leonardo DiCaprio and I'm a sobbing mess by the end.

Mission accomplished.

10.) Try A Different Story

Many authors have various stories in the works at different stages of development. If you are stuck in the story you're currently working on, then pick up another work in progress and begin adding more story to...well...that other story. It is great to read the last few pages of your manuscript to get you back into the book and hopefully in the correct frame of mind and mood. Many authors talk about being in the groove when

they write. I find it easier to get into the groove or flow of writing by reading what I wrote the previous day, and then moving on from there.

Whether you do that with your current manuscript or switch to an old unfinished manuscript, it will help you get in the zone much faster than if you attempt to pick up where you left off, but your mind is focused on that latest conversation with your child, an argument at work, or that list of things you need to get done by the end of the day.

There are plenty of other exercises and activities you can utilize in order to overcome writer's block. There are also many ways you can increase your creative productivity once that block has been pulverized. In the next chapter, we'll go over some of these tips and tricks to further catapult you out of writer's block and into writer's zen.

Chapter 4: Increasing Your Creative Productivity

“It took me fifteen years to discover I had no talent for writing, but I couldn’t give it up because by that time I was too famous.”

– Robert Benchley

To increase your productivity you have to look at yourself in the mirror with a critical eye. Then ask yourself – “What can I do to be more productive?”

- 1) What time of day do you write? First thing in the morning when you are fresh, or at the end of the day when you are tired? Could you get up a half hour sooner to spend 30 minutes writing before the family gets up? Or maybe you are a night owl and the evening is the best time. But instead of writing after dinner, maybe you should write after the youngsters have gone to bed so that you have peace and quiet, as well as no interruptions.
- 2) Where do you write? On your lap in front of the TV? On your bed, laying on your stomach? In the hammock in the back yard? Is writing a hobby or your life? Or somewhere in between? If you are serious about writing, then you need to think of it as a business. You should set up a desk or writing space that is all yours. You should go there every time you want to write for consistency’s sake. This will also help to fight off writer’s block and you will find that your productivity will increase tremendously.
- 3) Do you have a schedule? What days do you write? Or do you only write when the *mood* hits you? If that is the case, you may never finish your book! You should schedule what days you will write and what time during those days, just as if it were a job that you were driving off to. Take pride in what you are doing.
- 4) Do you procrastinate getting to writing? Do you have days you plan to write but then never find time to get to it? If you have a schedule then that should take care of this issue. No matter what, stop whatever else you are doing when it is time for you to go to work on your book. You do not have to be literal about it, you can give yourself a 5-10 minute leeway. But if you do that, you need to add that much time on the end to make up for the time you lost. You are the boss when it comes to writing, but just think - how many bosses keep the employees that never show up on time, or better yet, never show up at all?

- 5) How much time do you spend writing? Do you sit down for 10 minutes and if nothing comes to you, you get up and leave it for another day? You should set a specific amount of time each day that you sit down to write. It may be an hour or longer, whatever fits into your lifestyle. Keep in mind the shorter amount of time you spend writing, the longer it will take to finish your book.
- 6) How much do you write every time you sit down to write? Do you set yourself a quota of 1000 or 2000 words per day? You may have a set amount of time that you work, but again, if you don't spend much of that time in that block actually writing, you will not move very quickly towards your deadline of finishing the book.
- 7) Do you have a deadline? If you have a deadline for finishing your first draft (yes your first draft), you will push yourself more to make that deadline. Then after the first draft is finished, you can have your editor look through it and make suggestions. You can also have your spouse or trusted friend read it. You can even get beta readers for feedback. You want to get feedback before publishing it to see if there are some missing areas in the story line, or holes that need to be filled in.
- 8) Do you have others that will give you moral support? When you get frustrated, do you have someone that will stop and build you back up? Someone that you can tell your woes to that will not judge you but rather will lift you back up. Your attitude directly correlates with your productivity. If you're feeling depressed, you may not be motivated to do anything. Having a writing buddy just a telephone call away to give you a much needed pep talk is crucial for any author.
- 9) Do you have an editor, publishing agent or publisher? Once you are satisfied with the finished product, then you have to go to the next step. You need someone to edit it. Then you need either a publishing agent or publisher, unless you plan to self-publish. (My personal recommendation) Self-publishing is an acceptable way to go these days and many self-published authors have far more success with their books than traditionally published authors. Self-published books are as accepted as books that are published the traditional way.
- 10) Tell others about your goal to write a book. They will keep you accountable, forcing you to be more productive.
- 11) Reward yourself when you hit milestones. You could set the milestone at the end of each chapter. Set the milestones in advance, and then reward yourself when you arrive at them. Take yourself out for an ice cream or a latte. Something that you enjoy. Treat yourself at each milestone.
- 12) Love what you do. If you are enjoying the journey of writing, you will be much more productive than if you are not enjoying it. If writing this book is drudgery, maybe you have chosen the wrong subject to write about...
- 13) Take breaks. You need to take regular breaks from your writing. Work out what is best for you. Set a time for once an hour and then take a brisk walk or swim a couple laps. Whatever you feel will refresh you so you can get back to what you were doing. If you feel tired before the hour is up then take your break earlier.

Sometimes, especially if you had a late night, you are more tired than usual. When that happens and you start to feel fatigue, just stop and take a break to refresh yourself.

- 14) Keep your goals in sight. If you have a goal of one chapter a week, then write that down on a sticky and post it on the corner of your monitor or desk. That would be your short-term goal. You should also write down your long-term goals. Write out the goal of when you want this book writing finished and when you want it available for sale. Write them all on post-it notes and stick them where you can see them every day to remind yourself where you are going with all this work. Every few weeks, move them to another place because you will no longer see them, they will have become part of the background.
- 15) Keep your workspace clean. It helps you think better if your space is clean. Clutter causes confusion.

Conclusion

Thank you again for downloading this book. I hope you enjoyed it and found it helpful and informative.

As stated earlier, there are just as many ways to cause writer's block as there are ways to break it. Just because taking a walk worked last time, does not mean it will work this time. Our brains are not machines, and you cannot assume that what worked before will work again. Sometimes our brains just want a break; they want a change of pace.

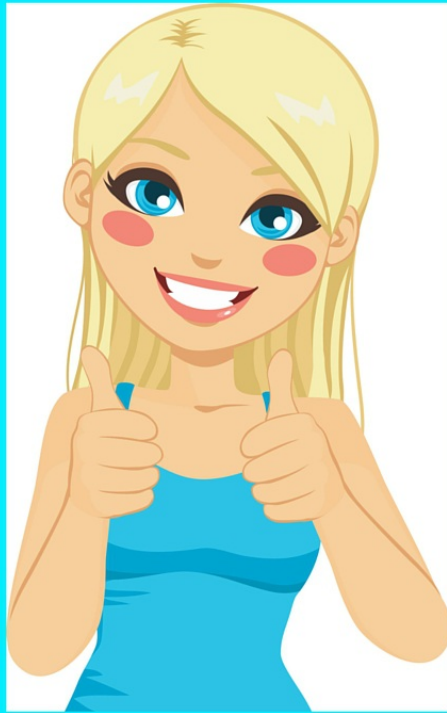
If you were to eat fried chicken every night for a month, you would get tired of it, sooner rather than later. (Okay, maybe I wouldn't, but normal people would) Your brain operates in the same way. Sooner or later, it will shut down and insist on a different routine.

When your brain no longer wants to give you that inspiration, you have to give it fresh food to get it going again. And that is what I hope I've been able to give you here. Ways to feed your brain and get those creative juices flowing again.

Remember that writer's block is always temporary. It will go away and you will write again. How soon that happens is determined by how you handle it when it hits. Do you freeze up and give up until the next day or do you fight through it until you've created something absolutely brilliant? Keep this resource handy in case you hit another wall. The best thing for you to do when writer's block hits is to see how you can beat it. Do what you have to do to come out on top with your fingers flying over the keyboard again. You are the winner who will finish that book!



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About the Author



C.J. Anaya is the amazon bestselling author of *The Healer Series* and *Marry Your Billionaire*. Her passion for writing and self-publishing her romantic fantasies and fun romantic comedies led her to helping other indie authors write and publish their own works as well. She is a firm believer in “author karma” and wants every author to succeed. Writing these helpful “How To’s” are only part of that journey.

She’s a huge fan of *The Mindy Project*, Hugh Jackman, and binge eating any and all things chocolate.

Who isn’t?

As a mother of four awesome kids she’s usually playing beauty salon with her daughters—her four-year-old shaved my arm one time while she was helping another daughter with her homework. Yep. That happened—getting her fanny kicked in Mario Kart by her snarky little son, and making out with her deliciously handsome Latin Lover, aka, her hubby.

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