

Five Simple Habits

Lean on these habits so you can be a better, happier and more confident writer.

Go into the territory every day

Do something connected with writing every day. It doesn't matter what or for how long. Start small, say two minutes at a time. The benefit is in *thinking like a writer every day* - it's the first step to prodigious output.

Bring something back

Capture anything that could be useful: words and phrases, quotes and images, things that make you wonder, and even what annoys you. It's all potential material to get started. It's infinitely better than a blank screen.

Write anyway

Getting better at writing is about the process, not the outcome. Prolific writers don't wait for the 'best' environment, mood, or inspiration. They know the act of writing will propel them towards something better.

Ask, What's next?

Before you stop writing, note down what you need to do next - be clear and specific - then go to that exact task when you start again. It will help you regain momentum so much quicker.

Believe

These habits only work if you believe you can improve. The brain is capable of extraordinary change at any age - neuroscience is proving that all the time. So even if you doubt yourself, believe in your brain.