



**BESTSELLER**

— ACADEMY —

# Writing Habits

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Workbook

# Your Habits Profile Worksheet

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What habitual stories have you continually told yourself? What labels have you given yourself? Do you find yourself making excuses? This is the time to take a long look in the mirror and be really honest with yourself.

Tick which of the following apply to you.

- I suffer from 'writer's block'.
- I never have the time to write.
- I'm too old to write?
- It's never going to happen.
- I am never going to be as good a writer as *[insert favourite author's name]* \_\_\_\_\_.
- I am not a morning person.
- I am a night owl. I can only write at night?
- I am still waiting for the Muse
- I am not a good enough writer... yet.
- I can't write until I have had my cup of coffee.
- I can't write as I don't have a proper writing space.
- I need to visit the country to make my book authentic.
- I need to learn [Scrivener/ Software Tool] before I start.
- I need to research more before I start my book.
- I need to do some more research on Netflix.
- I am too tired to write.
- I'll write tomorrow.
- I don't feel in the mood to write.
- I have had too many rejections - that proves I am no good.
- I need an agent first.
- When I find a great editor I will write better.

# Your Habits Profile Worksheet

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**Add any others that crop up for you**

**What have you learned about yourself? What big blocks are stopping you from writing the way you want to?**

**Pick at least two stories that you are going to change or no longer believe.**

# Your Habits Profile Worksheet

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Check which column applies to you for each of the following:

	<b>Always</b>	<b>Inconsistently</b>	<b>Never</b>
Do you set writing goals?			
Do you set deadlines?			
Do you plan your writing week?			
Do you schedule your plan?			
Do you track your word count and goals?			
Are you learning to touch-type?			
Do you reward yourself when you succeed or hit a goal?			
Do you get distracted easily?			
Do you turn your phone to silent when writing?			
Do you inform those around you that you are going to write?			
Do you turn off the wifi/data when writing?			
Do you have a sign on your door or desk when writing?			
Do you use a timer?			

# Your Habits Profile Worksheet

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**Next, write some notes about how you plan your writing time.**

How do you plan your writing time? If you don't currently plan, write out what your ideal writing week would look like.

# Your Daily Habits Worksheet

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1. Write down everything in your day that typically repeats each day.

2. Put a star the ones above that happen without fail every day.

3. With the ones you have starred, put a second star next to the ones that could become Anchor Habits for your writing to follow. Remember that the anchor habit is the trigger to remind you to do your writing, therefore writing always follows the daily routine.