

Unstuck Yourself

Defeating writer's block and unleashing a firehose of engaging content & hypnotic stories

Commit & Consequence

Commit to the habit of writing. Rewrite this in your own words; *"I will write one page a day & reward myself with an episode of Game of Thrones. I won't watch a single episode until one full page is written."*

New Environment

Do not stare at the blank screen. Go outside. Meditate. Run, walk, or go to a nature preserve. Empty your mind.

Act Differently

What different industries, activities, people, and places can you add to your life? Write down at least 10 other places you can go and things you can do.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Zero Editing

We over edit in our mind or on paper. Take out your journal or computer now and do the following:

1. Write without editing a single typo. Do NOT edit a word. If you catch yourself editing, start over again.
2. As soon as you write a full page without editing, put it in a folder and reward yourself with a cookie.