

Writing Coach on Demand Bonus Materials: Resistance

Worksheet: What is resistance trying to tell me?

This is your chance to be honest with yourself about what is going on- no one is going to see this. It's just for you. It can transform how you view your writing career. It can really help inform your work because our characters can also feel stuck.

Answer these questions:

-Is there something about my current writing life that I do not feel aligned with? Is it my style, subject matter, genre, schedule, or something else?

-What is my least favorite thing about the "work" of being a writer? Is it editing? Promotion? Formatting? Or something else?

-What are some things my inner voice has tried to tell me in the past that I ignored? (Does not have to be writing related) What happened?

-If I was forced to radically change how I write and what my writer life looks like, what would that look like? How would it feel? What would be better or worse about it?

-What's the worse that will happen if I course correct with my writing and my writing career? What is the best that will happen?

-What could I do to make it so easy to do this writing thing that it almost feels like cheating?

-What do I need in order to feel safe and supported in my writing and writing career?

Now I want you to create a step-by step checklist, or at least a roadmap, for your writing project. Every writer's map will be unique, there is no correct answer- this is just about putting success in your GPS and having an idea of where you are going and what you will need to get there. Make sure to include:

- Research
- Drafting process
- Editing process
- Dealing with feedback from editors/beta readers
- Building author platform

- Formatting
- Synopsis
- Book trailer
- Conventional or self-editing steps

If you are tempted to say “eh, I’ll deal with this later” to any of the steps, that is a potential point of resistance! Book your slot in office hours to discuss this.