

The #1 Thing That
Keeps You From
Writing (Or
Finishing) Your Novel

Part One of Three

Fear

- Whether it's fear of failing, fear of succeeding, fear of not being good enough, fear of getting started, or any fear in between, there's always some kind of fear living just below the surface
- It's always there, holding you back or stopping you in some way ... if you let it

A few things to know
about Fear...

- **We ALL experience it**—every creative person in the world has felt afraid of the projects they wanted to undertake. So you are NOT alone.
- **Fear is a part of the creative process**—it just is. There's no way around it. You're always gonna have some level of fear when it comes to stepping outside your comfort zone and finally doing something that you've always wanted to do.
- **Fear never really goes away**—it's true. Fear is a part of life. It's a part of human nature. So you'll never really get rid of the fear that you feel surrounding your creative work.

BUT!

You can find ways to rise above the fear so that it doesn't bother you as much and so it doesn't stop you from doing the creative work you're meant to do in the world (ie: write a novel)

Two Fear-Busting Exercises

- You can use the following two exercises to face your fears head-on and dissolve them:
- Fears Are False
- Flip the Fear

Fears Are False

- Grab a piece of paper, divide it into two columns
- At the top of one column, write: What I'm Afraid Of
- At the top of the second column, write: Why It's False
- Now go down the first column and write whatever it is you're afraid of when it comes to your writing or to writing (or finishing) your novel
- Then in the next column, write down the reasons why each fear is false—present some kind of evidence/fact to prove otherwise

For Example

- **What I'm Afraid Of:** "I'm afraid I'm not a good enough writer to write an entire novel"
- **Why It's False:** I've written lots of short stories, so writing a novel is just like writing a really long story. Writing is writing, and I can always fix it later and make it good enough.

Do this exercise whenever you're feeling overwhelmed by fears, or when you're trying to start (or finish) a creative project and have fears coming up

Flip the Fear

- Any time you have a negative or fearful thought pop up, stop.
- And then flip the switch.
- Immediately say the opposite of the negative thought.

For Example

- Fearful thought: “I’ll never write my novel”
- Flipped thought: “I’m going to start working on my novel right now.”

Do this exercise throughout the day,
whenever you find negative or fearful
thoughts popping up

The more you start to train yourself to deal head-on with fear, the better you'll get at “feeling the fear and doing it anyway.”

And then nothing can stop you.

Except for possibly two other things
that are likely getting in the way of
you writing (or finishing) your novel..

We'll tackle those next.

Idea to Draft

The Idea to Draft Story Intensive will help you overcome your fears and finally turn your story idea into a novel draft.

Learn more at:

<http://tinyurl.com/IdeatoDraft>

Register here:

JenniferBlanchard.net/IdeatoDraft