

The #2 Thing That
Keeps You From
Writing (Or
Finishing) Your Novel

Part Two of Three

You have plans to write. It's been on your schedule all week.

Then the time comes. First you show up late to the page. Then when you finally sit down you end up spending an hour checking Facebook and responding to emails.

Before you know it, your writing session is over and you haven't gotten anything written yet. Or you got a little bit written, but not nearly what you wanted...

Distractions

It's not that you don't have the time to write, or even that you don't have what it takes. You're just really, really Distracted and your mind isn't able to focus long enough to actually allow you to get writing done.

GOOD NEWS!

Overcoming
Distractions is an easy
fix.

Once you know what
your main Distractors
are, then you can start
to address them.

Discover Your Distractions

- Write down everything that Distracts you from doing your writing
- Put each item into one of two categories: 1) Distractions getting to the page, and 2) Distractions once I get to the page
- Make a plan for how you can reduce or remove as many of these Distractions as possible

Here are some examples of how
to reduce or remove
Distractions...

Addressing Distractions

Getting to the Page

- Reduce social events or outings to twice a week, maximum
- Hire help once or twice a week (a house cleaner, personal chef, errand runner, a babysitter—whatever you need to free yourself to do some writing)
- Get buy-in from your family
- Clear a space in your schedule
- Make it more convenient—write on your lunch break, make notes throughout the day on Evernote, put your laptop in plain view
- Set up a rewards system
- Build writing into your routine

Address Distractions Once You're At the Page

- Install an Internet or website blocking software
- Create a private oasis where you can write
- Use headphones
- Set a timer (Pomodoro Technique)
- Clear your space—less stuff on your desk, less Distractions
- Journal for 10-15 minutes before you start writing—this will help clear your mind of Distractions
- Design a start up ritual or routine

When you address Distractions head-on, you can remove, or at least, reduce them—which will help you get your writing done.

And then nothing can stop you.

Except for possibly one other thing
that is likely getting in the way of you
writing (or finishing) your novel...

We'll tackle that next.

Idea to Draft

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

Learn more at:

<http://tinyurl.com/IdeatoDraft>

Register here:

JenniferBlanchard.net/Idea-to-Draft