

DAY SIX EXERCISE

Personify your own inner editor. What are they concerned with specifically? Can they be reasoned with? Or do you need to figure out some other tactic to distract them from looking over your shoulder and making comments?

DAY SEVEN EXERCISE

Make a list of the things in your canon for life—the books, movies, music, and other media that formed you as a storyteller.

DAY EIGHT EXERCISE

Try a new writing technique, something out of the ordinary for you. If you usually write chronologically, write out of order. If you usually work at your desk, bring your laptop outside. Find a way to shake out your routine and then document the results.

DAY NINE EXERCISE

Find some way to let your kids, family, or coworkers be involved in your writing life, whether that's letting them put stickers on your progress chart, asking them to check in with you weekly, or help you with rewards for staying on track. Also, make a list of ways in which you can get excited about writing. Some ideas include: looking for new music for your playlist, rereading old favorites that inspired your current WIP, pretending to be interviewed about your book, buying a special candle or sweater that you use only for writing.

DAY TEN EXERCISE

Make a contingency plan for days when writing feels hard or impossible. How will you cope? What signs will you watch for? When will you know it's time to take a break or remind yourself why you're doing this? How will you work with the fear and feel the wonder?