

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.