

Discover Your Personalized Strategy For Writing Success

1. Understanding Your "Why":

- Why do you write? What drives and motivates you to put words on the page?

- Action Suggestion: Write down your primary reason for writing. Keep this reason visible (e.g., a sticky note on your computer) to serve as a daily reminder.

2. Embrace Your Identity:

- How do you currently view yourself as a writer? What identity would empower you to achieve your writing goals?

- Action Suggestion: Affirm your identity as a writer daily. Consider creating a mantra or affirmation, like "I am a professional writer."

3. Building Habits for Writing Success:

- Habit Stacking:

- What daily habits do you consistently engage in that could serve as a foundation upon which to stack your writing habit?



- Action Suggestion: If you have a habit of drinking tea every evening, stack your writing habit on top of it. So, the routine could be: "After I make my evening tea, I will write for 30 minutes."

- Reward Systems:

- What rewards would motivate you to stick to your writing routine?

- Action Suggestion: Set up a reward system. For example, after a week of consistent writing, treat yourself to something you love, be it a dessert, a movie, or a day off.

4. Finding Your Optimal Writing Time:

- When during the day do you feel most creative and focused? How can you adapt your current schedule to prioritize this time?

- Action Suggestion: For a week, track your energy and focus levels throughout the day. Schedule writing sessions during your peak times.

5. Anticipate & Plan for Obstacles:

- What potential obstacles might disrupt your writing routine? How can you plan for or mitigate them?



- Action Suggestion: List foreseeable challenges (e.g., events, work commitments) and devise contingency plans.

6. Leveraging Your Strengths:

- What are your top strengths? How can each strength be harnessed to support your writing goals? How might each strength, while beneficial, also present unique challenges to your writing process?

- Action Suggestions:

- Example For Input:

- Potential Challenge: Overconsumption of information, leading to analysis paralysis or procrastination. Getting sidetracked by the urge to research immediately, breaking the writing flow.

- Strategy:

1. Schedule dedicated time for consumption (like reading or research) with clear time bounds. Balance it with dedicated writing time.

2. Use a symbol, like **, in your text to mark areas that require more research. Avoid the temptation to dive into research immediately. Instead, continue writing to maintain your flow and revisit these marked sections during dedicated research periods.

7. Conclusion & Action Steps:

- Reflect on the answers you've provided. Use them to draft a personalized writing strategy.

- Commit to revisiting and refining your strategy regularly, adjusting as you learn more about your habits and preferences.

Look for NANO Coach by Stephanie Hansen on the GPT Store for your own personalized coach.

