

## The Writer's Habit Worksheet

I'm glad you downloaded this worksheet to help you reach your writing goals. Print out the worksheet and fill in the appropriate sections.

When you sit down to write, keep your work sheet handy, and you'll find that facing the page will be much easier.

### Section 1 – Rewrite your negative stories

Use the spaces below to rephrase the common negative stories writers usually tell themselves.

#### Story # 1 – I have to be the next great writer

**Example:** "I want to write as well as I'm capable of writing. If I reach my potential as a writer, I'll be happy."

Your rephrasing statement:

#### Story # 2 – Writing is inherently difficult

**Example:** "Nobody gets talker's block. I have interesting things to say. If I keep my fingers moving, the ideas will form as I go."

Your rephrasing statement:

#### Story # 3 – I'm not a productive writer

**Example:** "I haven't been writing as often as I want, but I'm committed to mastering my mindset in order to build my writing habit."

Your rephrasing statement:

#### Story # 4 – Writing Involves a huge commitment

**Example:** "I'm writing to test and explore ideas."

Your rephrasing statement:

#### Story # 5 – I have to be original

**Example:** "Once I learn from the greats, I can create my own style using my unique voice."

Your rephrasing statement:

## Section 2 – Set Yourself Up for Success

In this section, you'll use the appropriate spaces to define your vision of writing success, create a reachable writing goal, and create a compelling prize statement to keep you motivated when times get tough.

**Example:** I'm looking to expand my reach, influence, and income through writing.

Your Success Vision:

**Example:** "I will write one 500-word blog post for the next two weeks."

Your Reachable Goal and Timeframe:

**Example:** "Writing 1,000 words per day will help me publish more books and grow my writing coach business."

Your compelling prize statement:

## Happy Writing!