

A person is shown from the chest up, writing in a spiral-bound notebook. They are holding a pen in their right hand. The image is covered with a semi-transparent teal overlay. The text is centered over the image.

Your Complete Checklist for an Amazing Writing Session

Dallas Woodburn

YourBookBreakthrough.com



Over the past decade, I've coached numerous people through the book-writing process. The most common issue I see, time and again, is failing to intentionally build a writing routine that nurtures them throughout the inevitable ups and downs of the process.

This checklist gives you an easy way to test-drive different possibilities for your writing routine and figure out what works best for you. Remember: each time you sit down to write, you are giving a gift to yourself and to the world around you. Here's to enjoying the gift of writing as often as possible.

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- ☐ **Brew a cup of your favorite tea and/or fill up your water bottle**—maybe even add some lemon slices to make it fun!
- ☐ **Grab a delicious snack to munch on at your desk as you write.** (The last thing you want is an excuse to get up out of your chair and wander into the kitchen in the middle of your writing time!) Some of my favorite writing snacks: chocolate-covered almonds, pistachios, roasted chickpeas.
- ☐ **Choose an outfit that makes you feel comfortable and confident.** Maybe you feel like your best, most authentic self in yoga pants and a cozy sweater. Or maybe you want to wear your favorite t-shirt or hat or scarf. Choose something that says to you: *I'M A WRITER*.
- ☐ **Clear off your writing desk.** No, you don't need to organize your desk right now. You can gather up any clutter or papers and simply put them on the floor or in another room for now. A clear, uncluttered desk = a clear, uncluttered mind.
- ☐ **Turn your phone on silent.** Better yet, turn it off and put it in another room so you don't even see it.
- ☐ **Put on a music playlist that resonates with you and the work you are creating.** Some people only like listening to instrumental or classical music while they write; others enjoy high-energy songs; others prefer calming acoustic tunes. Put on music that makes you feel connected to your center.
- ☐ **Open your document; close out all the other tabs and apps on your computer.** If you're worried you will be tempted to check your email, unplug your router! Make it as easy as possible to focus only on the blank page in front of you.
- ☐ **Streeeeetch.** Roll your shoulders back. Sit tall and confident.
- ☐ **Take three deep breaths.** Close your eyes and focus on what you are grateful for in this moment. What a gift it is to be able to write and share your gifts with the world.
- ☐ **Say your writing mantra out loud to yourself.** Then open your eyes, smile and begin!



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Do you struggle with writing your book?

I'll show you how to go from overwhelmed & uninspired to empowered & focused when you watch my free webinar, 'My Simple, No-Nonsense Formula to Write Your Book in 90 Days (even if you've been procrastinating for 15 years).'

Just click below to watch this free masterclass now.

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Attract*

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