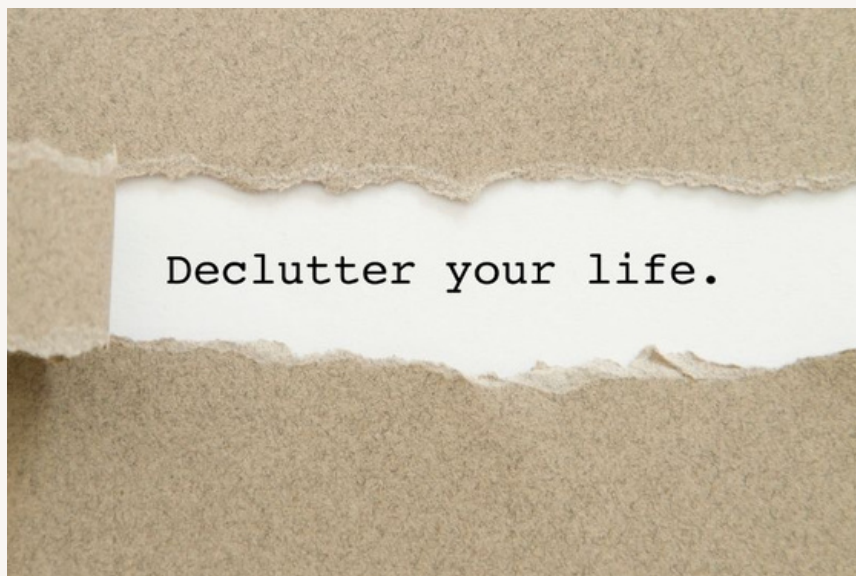


10 TIPS TO GET MOTIVATED TO GET PUBLISHED

WHETHER YOU WANT TO BE A
WRITER OR ALREADY ARE ONE,
SOMETIMES IT TAKES A LITTLE PUSH
TO GET MOTIVATED.
HERE ARE THOSE PUSHES.

FELICE COHEN



Hello!



WHAT MAKES ME QUALIFIED TO MOTIVATE YOU?

I have self-published six books. I have also been a professional organizer for over 25 years and have learned how to motivate others, including myself. Sometimes we're not motivated to get started and need a little push. For those times, here's that push.

These 10 tips are aimed at getting you started on your writing. Once you see a little progress, you'll be motivated to do a little more. And a little more. And before you know it, you will have accomplished what you set out to do.

You can do it!

Felice Cohen

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Bonus Tip: Instead of thinking of all you've got to do, think of each step as one little accomplishment. When you complete it, pat yourself on the back. Then move on to the next step.

1

CLEAR AWAY DISTRACTIONS.

Spend 10-15 minutes removing eyesight distractions. Piles of paper, dishes in the sink, pile of laundry. They all shout for your attention. A clean writing space with minimal distractions gives you peace of mind, but completing easy tasks also motivates you to tackle harder ones. Even making the bed is an accomplishment. It tells your brain, I did it! Which motivates you to keep going.

2

SHUT OFF NOTIFICATIONS.

It's hard enough to get in the seat to write or edit or do any work. Don't let a "ding" derail your intention and progress.

3

SET SPECIFIC GOALS.

Start the day by choosing three tasks from your to-do list. Maybe it's: "pitch an article to a magazine or write 2,000 words." Write three these tasks on three different pieces of scrap paper and put them on your bulletin board or the fridge. These give us direction and a focus for the day. They're like your boss saying, "Get this on my desk by 5pm." Three tasks are less overwhelming than an endless list of tasks. When your goals are more doable, you're less likely to get overwhelmed, thus ensuring better results.

4

SET A TIMER FOR 45 MINUTES.

You can make it shorter or longer, find what works for you. For me, 45 minutes is long enough to get into the task yet doesn't feel too long. You'll be amazed how fast the time goes. When the ringer goes off, if you're into the task or almost done, reset the timer. If not, get up, stretch, give yourself five minutes to check texts, hit the bathroom, make a cup of coffee, then get back in the seat and reset the timer. Aim for doing this at least four times a day. You'll be amazed how your productivity increases.

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5

COMPLETE A TASK? TOSS THE PAPER.

In writing and publishing, it can take a lot of effort before you see something completed. Multiple edits on a book, multiple edits on the back cover copy. So when you complete one of these tasks, it's a mini accomplishment. Celebrate it. Rip up the scrap paper, throw it into the trash. Completing these steps tells your brain, "I did it. I can do this." It feels good, it shows our progress and when we see progress, we're motivated to keep going. Maybe you only get one task done the entire day, or all three or even more. Remember, be flexible. Priorities can change by the hour. Writing and publishing a book is like running a marathon, one step at a time.

6

SCHEDULE A TIME TO WRITE. MAKE IT A PRIORITY.

Do you have more energy in the morning? Evening? Find the best time that works for you and schedule it. Treat writing time the same way you do a dentist appointment on your calendar. Put it in your book and stick to your plan. Maybe write from 6am to 10am or from 6pm to 10pm. Schedule going for a walk, making phone calls. Seeing tasks written down can be a subtle (and pushy) reminder. Maybe Fridays is "housekeeping" where you catch up on reading, clear out emails. Again, find what works for you .

7

SET MINI DEADLINES.

Remember in school we had homework, quizzes, tests, mid-term exams, and finals? They were benchmarks on which to gauge our progress. Try that with writing and publishing. By setting up mini deadlines, you're giving yourself a smaller, easier, more doable goal which, when accomplished, can be energizing and push you to move on the next. And just like failing a test, if you miss a deadline or something doesn't have the results you hoped for, it can help you see where you need to work harder and maybe go back and do it again.

8

MAKE YOURSELF ACCOUNTABLE.

Take a picture of your three daily tasks and send it to a friend, colleague, or post on social media with the line: "Tackling the book cover today!" This gives you accountability. Then, when you've completed it, you can post a picture and write "Done!" Often, "posting on social media" is one of our daily tasks, so it's like two birds/one stone. Also, feel proud of your accomplishment. You're making progress. You're one step closer to publishing!

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9

REWARD YOURSELF.

Finish a task? Get an ice cream. Touch your toes. Jump for joy. Rewards are like the carrot dangling in front of the horse, just out of reach. Knowing I can have a chai latte after I complete a task is like the proverbial cart driver smacking me with a stick. Whatever works for you. Chais work for me.

10

REMEMBER TO BREATHE AND HAVE FUN.

Writing, editing, publishing, getting people to buy your book can be taxing, but remember, you're creating something from scratch and that's amazing. Thrilling. Be gentle with yourself. Having a goal helps, but don't beat yourself up if you don't complete all the tasks in one day. There's always tomorrow. Allow yourself to feel satisfied with the work accomplished each day. Doing that can re-energize you in many ways, not just workwise. Feeling accomplished in your life is a gift.

A FEW WEBSITES THAT MIGHT HELP MOTIVATE AS WELL

750words.com

Pushes you to write 750 words a day

Noisli.com

Gives ambient noise in the background.

MarinaraTimer.com

A "Productivity timer". Sets you up for 25 minutes of work, 5 minute break, or customize your own schedule.

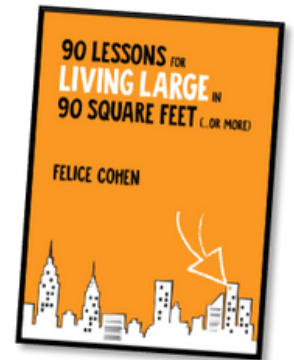
Onote.com

To help with notes for your writing.

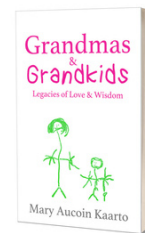
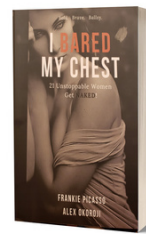
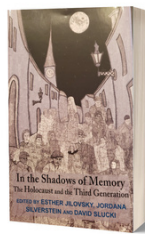
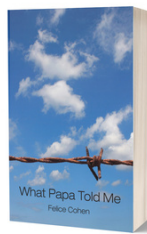


Me in my 90-Square-Foot Studio

For tips on getting motivated to organize your stuff, how to get more time out of your day, or just to read how I wound up living in one of the world's tiniest apartments, check out my book: **“90 Lessons for Living Large in 90 Square Feet (...or More).”**



My other books. Click on them to read more.



Thank you again for signing up!