

Teresa Adele
WRITER TEACHER COACH

CREATE YOUR
WRITING
ROUTINE

By Teresa Adele





WRITING ROUTINES

Congratulations! You've decided to become more consistent in your writing. You've dreamed of being a writer or of completing a specific project and you made the conscious decision to do the dang thing. You rock.

Here is a story that nearly every writer knows well: You felt a lightning bolt of inspiration - a book, a guide, a blog post, an article - sat down and wrote in a fury for a day or two, feeling fire beneath your fingers as you type, and then the weekend came around.

When Monday came, you sat at the keyboard like a stranger - who wrote this? Where was this heading?

Or, you felt blocked and took a day off that turned into three. Or, you sit down to write every day and the words just don't come. Over and over, the same story of a gorgeous flame fizzling out.

Now what?

The good news is that we've all been there. Writing is hard. Even though the skill of writing is vital, both in business and for the spirit, only 0.03% of people are professional writers. Just to be here, right now, with a dream in hand and the drive to establish a writing routine, makes you elite.





YOU ARE IN GOOD COMPANY

Every writer has a different routine. Haruki Murakami starts working at 5 am while Anaïs Nin preferred late at night. Jack Kerouac used rituals while Joan Didion worked in spurts when inspiration struck. Some listen to music, some need silence, some write anywhere, some have a designated place. For every writer that prefers one method, there is one that detests it.

I tell you this so that you know that whatever works for you - or doesn't work - is **right**. It may take time to get the routine that works best for you but if you have the guts to keep trying, even when trying comes with failing, then you'll find it and become a master of it.

In this eBook, I'm going to share my writing routine and how I created it, my top tips for creating a routine, how to curate a writing space, and how to take a day off without falling off track. I've also included a worksheet and prompts throughout to help you on your journey to consistent writing. These tools are a framework that you can use to build your most effective and sustainable writing routine.

Above all, know this: you are a writer. The words are already there, living inside you, just waiting to jump onto the page. Let's set them free.



CREATING THE SPACE

One way to make sure that your writing routine is ripe for producing inspired work is to create the atmosphere and space to let the creativity flow.

Designate a place.

It doesn't have to be a full office but it can be, too. Whether it's a corner of the couch with a lap desk, a desk in your bedroom, or a room in your home with its own door, make sure there is a place where you **ONLY** write.

Remove distractions.

As best as you can, remove distractions. This may mean using headphones, clearing off the kitchen table, or tapping in a housemate for support in wrangling in the kids or pets.

Make it comfortable.

The last thing you want in your designated writing space is an uncomfortable seat. Invest in ergonomic seating, place a cushion behind your back, or otherwise make sure that you won't be in any discomfort.

Make it inspiring.

Decorate your space with inspirational quotes, artwork that moves you, add dreamy lighting, and invite all the senses to the party. A comforting incense or essential oil can put you in the best mindset to write.

Make it mobile.

One thing I like to do is make sure that I can write even when I'm not home. Make your computer desktop inspiring and uncluttered. Your notebook should fit in a backpack or a purse, with a pen always at hand. Using a particular essential oil or perfume can trigger the olfactory memory - immediately dropping you into a conducive space to write.

Write: Describe your dream writing space. How can you bring aspects of this dream into your real space?

WHAT IS HABIT STACKING?

Habit Stacking is a concept created by #1 New York Times best-selling author of Atomic Habits, James Clear. Essentially, habit stacking is creating a new habit by taking advantage of a habit that you already have.

A successful habit stack is convenient, rewarding, approachable, and linked to a consistent habit.

An unsuccessful habit-stack is inconvenient, not rewarding, intimidating, or unsustainable, and linked to an unreliable event or occasional occurrence.

EXAMPLES

When I make my coffee in the morning, I will write while the coffee is brewing.

Why it works: You're not going to forget to make coffee. Chances are that your morning coffee/tea is an established routine or habit in your daily life. If you're anything like me, you'll go out of your way to make sure that this particular habit continues no matter what. Additionally, it's a manageable amount of time. Sitting down to write, for 30 minutes or an undefined amount of time, can be crippling to the creative process. But five minutes? Anyone can write for five minutes. And once you start, if you want to keep going maybe you can! Or, you can make a note on where to pick up when you start again later.

When I get home from work, after I take off my shoes, I'll pick up my notebook or laptop to write.

Why it works: Again, it's something you're definitely going to do every day. It's convenient - especially if you put your laptop/notebook down next to your shoe area or entryway.

HOW CAN YOU USE HABIT STACKING?

Use this space to brainstorm habit stacking in your daily life.



HOW TO TAKE A DAY OFF

I don't know about you, but it's very easy for me to let those days away from the page snowball into long periods of time without writing. One key for me was learning how I can stay accountable after a day (or two) off.

Here are some tips for staying on track:

1. Remember your WHY.

This is the most important. If you don't have a heart-centered reason to be writing, you might not have the oomph to see it through. Even term papers can have a heart-centered Why. What is the BIG dream? The goal? The feeling you'll have once it's complete.

2. Find a writing buddy.

Writing with a friend is an easy way to get back into writing! Though you may get distracted by talking, try doing prompts together or getting feedback from each other. Check my website for writing circles and current offerings!

3. Write it down in your planner or phone.

Remind yourself during busy days or give yourself a gentle nudge on those lazy days.

4. Give yourself a due date.

Due dates give us a specific reason to keep going. Even assigning one to yourself can help to keep the wheels turning.

5. Lean into your Habit Stacking.

An inefficient habit-stack may be the problem. Are you doing this every day? Is it too hard or out of the way? Can you make it more accessible or more rewarding?

6. Change your space or re-establish your writing space.

Keep things interesting, be intentional about the space you're bringing your muse.

7. Ask a loved one to check in.

Sometimes, knowing that your mom, friend, or partner is going to ask about your progress is just the kick we need to get going.

8. Create a reward system.

Binge-watching *Gilmore Girls* or *Breaking Bad* for the third time? That next episode can wait until you have one paragraph down.

9. Warm-up with free-writing or journaling.

Get some words down even if it has nothing to do with your current project. Sometimes, if there's a creative block, you need to let it flow where it goes.

10. Have compassion for yourself.

If you truly need a break, take one! Trust that you will get back into the groove when you are ready.



MY ROUTINE

6:30 AM - Wake up, drink water, and make coffee or tea.

I like to make coffee first thing in the morning. Unless I have a meeting or somewhere to go, I don't even shower beforehand. I jump into the caffeine and let it work while my mind is still open.

7-9 AM - Meditate, journal, read inspiration.

While I wait for my coffee to be at a drinkable temperature, I meditate. Even 10 minutes creates a whole new mindset for me. I am grounded and awake, present with my thoughts that come up. That's when I journal. I dump out all the plain-Jane worries, make to-do lists for the day, or jot down gold bits of thought from my meditation into my journal. This is where most of my ideas take shape. Then I sit and read. I jump around to different books depending on my mood. Sometimes spiritual, sometimes non-fiction, sometimes poetry, I change it up to keep myself interested and inspired.

BREAK

This is usually when I do my 9-5 pm work, meet with clients, teach yoga classes, etc.

1-4 pm Write.

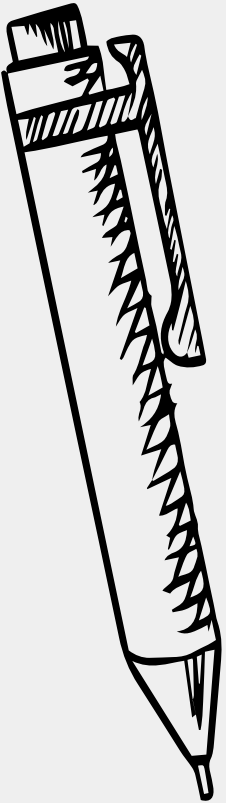
Finally! Writing! After letting my thoughts percolate all day I finally sit down with an afternoon coffee or warm drink and let out the words. Sometimes I have projects that are already in progress, sometimes I start something totally new, but I always get something down.

5-10 pm Yoga and family time.

Yes, this is part of my writing routine! Writing is holistic - you take your whole being with you to the page - this time of night is when I nourish my relationships with myself and my loved ones so I can show up the next day with love and compassion.



YOUR ROUTINE



MORE RESOURCES

Websites

[JamesClear.com](https://www.jamesclear.com)

[Thesaurus.com](https://www.thesaurus.com)

[Grammarly.com](https://www.grammarly.com)

Books

Atomic Habits by James Clear

Big Magic by Elizabeth Gilbert

On Writing by Stephen King

Dreyer's English by Benjamin Dreyer

Schedule a Session with Me

Teresa Adele - Writing Coach

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Free 30 minute consultations!

