

Write *Your* Story Now!

A quick-guide to trusting your creative instinct with practical tips on improving writing skills.

Contents

Letter from the author	3
Trusting Your Creative Instinct	4
Practical Ways to Improve Your Skill	6
Establish a Writing Habit	7
What to do when You Get Stuck	8
Overcome Writer's Block	9



@thecreativu

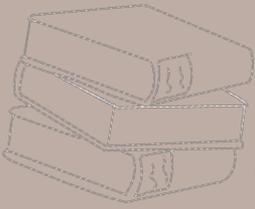
Hi, I'm Shelly! And I'm so glad you're here!

The books I'm holding in this photo aren't where my fascination with love stories and time travel began, but they certainly are what brought me to where I am today. In fact, my first dabble into the world of fiction was back in the sixth grade where a lovely, inspirational teacher encouraged me to cultivate what she saw as a gift. The gift of storytelling. It's a little ironic that even that tale was time-travel based. But my published trilogy didn't come soon after my childhood days. In fact, I didn't continue that or any other story for a very long time. Somewhere along the way, I began to believe my creative instinct was impractical, abandoning it for the everyday responsibilities of adulthood.



Has that happened to you?

If so, I'd love to share a bit of what I've learned, and encourage you to trust the creative instinct you sense you've always had (or that you've lost touch with) while honing a writing skill that can always be expanded and polished. Here's to *your* story and telling it well, friend!



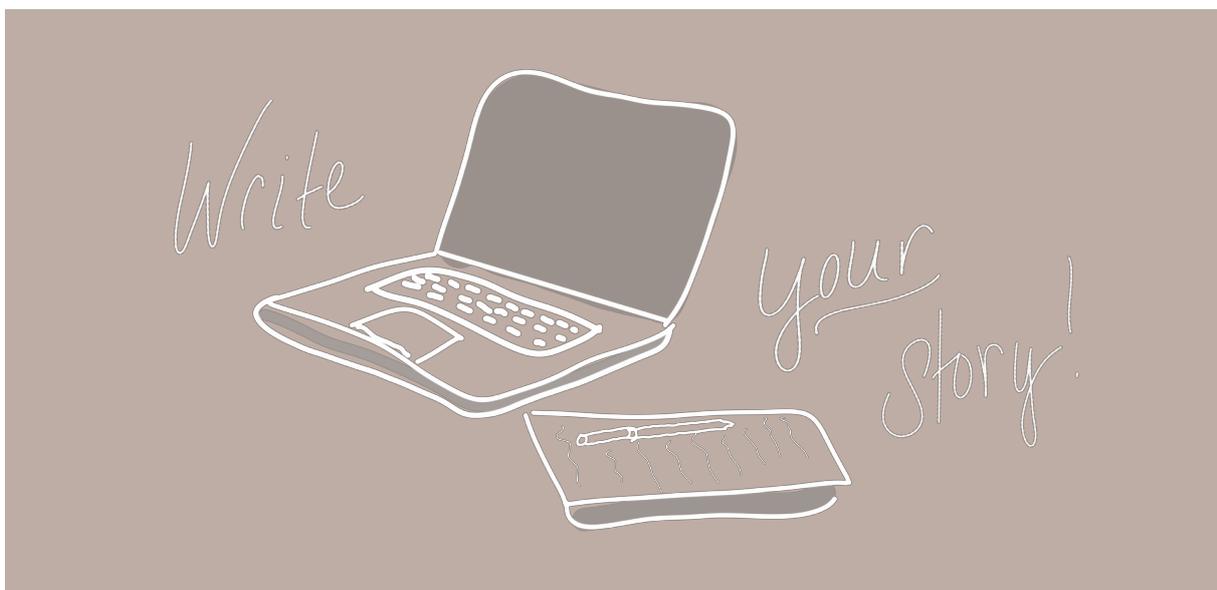
Trusting your creative instinct.

There's a process to writing, right? A skill required in compiling sentences that can evoke the deepest emotions of our existence. It's one of our most utilized methods of communication. *Words*. But the **number one** thing I hear people say when beginning a conversation about an idea they've had for a book is "Well, I'm no writer, but..."

Stop there, friend! That is a pretty big obstacle for anyone to help you hurdle. But allow me to attempt by quoting Gay Hendricks's book, [The Big Leap](#), where we're taught all about **limiting beliefs**.

"Each of us has an inner thermostat setting that determines how much love, success, and creativity we allow ourselves to enjoy. When we exceed our inner thermostat setting, we will often do something to sabotage ourselves, causing us to drop back into the old, familiar zone where we feel secure."

I cannot control your inner thermostat setting, but you can. I cannot make you a good writer or communicator, but *you* can. Trust your instinct. You are the absolute authority of your own story, whether fiction or non-fiction. Set your inner thermostat to the **EXPERT** level, and let's proceed.





With our settings correct, we can begin to break down the process a little. How do you *follow* your creative instinct? Many times, we refer to “finding your voice.” And most writing teachers will tell you that you have to know exactly what your writing voice is. I agree to an extent, but I’m not convinced we can fully define it by category.

Famed author, [Elizabeth Gilbert](#), suggests being attentive to who you are as a writer by examining how you naturally communicate. Talk to a friend, record the conversation, take notes on how you describe your feelings, your surroundings, your observations. Then write the way you’d tell a friend your story. That, my friends, is your voice. Your natural instinct. Can that be deepened, change, or improved? (like taking out every time you say “um” in a casual conversation) Absolutely.

But for now, let’s stick with instinct, and get into skill in a minute.

Another way to lean into your instinct is what my friend, [Jeff Goins](#), describes as establishing a worldview. Write out a statement with your opinion about why “Every (blank) should (blank).”

I take this method and apply it to every writing project I work on. For example, with this piece, my goal is to convey that every writer should trust her own creativity while working to improve her skill.

The goal here is to be honest with yourself about what you’re trying to say. Trust what you’re feeling, what you believe, and write it out.

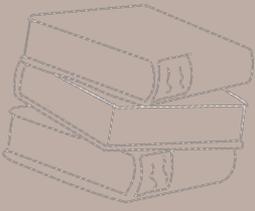
To recap, three quick ways to trust your creativity in writing are these:

Overcome any limiting beliefs by admitting that you’re the expert of your story. Set your inner thermostat: EXPERT.

Hone your writing voice by studying how you naturally talk.

Lean into your instinct by writing what your worldview is for any topic.

(HINT: This may begin simply by establishing an overarching personal worldview. Like: Every human should feel their story matters. And taking it deeper and deeper from there.)



@thecreativu

Practical ways to improve your writing skill



Read.

Write.

Read.

Repeat.

You may think that I'm

oversimplifying this. And perhaps I am in a way. But I'm not far off. If you are going to write something that you want to publish (yes, even if it is self-published), you need to read. The first thing I tell people to do when they say they want to write a book or improve their writing is to read their favorite book. Then read a book that is in the same vein you are trying to write. Read the most popular book in your genre for this current year. Listen to an audio book on the subject you're writing about.

Read another book and another, all the while, maintaining or establishing a consistent writing habit. Our work will be influenced by what we are reading. We know that our environment influences us, and when we surround ourselves with good prose, poetry, self-help, or fantasy, we can become a writer who is regularly improving skill.



Maybe that's painstakingly obvious to you, and, if so, that's great. If not, we've got homework to do. Let's get to reading!

Next, establish a writing habit.

I think most people are like me and have many distractions in their lives. We think we have to have a creative writing nook, ambient music in the background, cozy slippers, and endless supplies of hot beverages in order to write well. And it's amazing when all that comes together! The problem is, we are often not in control of what may interrupt us or how inspired we may be when we get ourselves into the "perfect setting". Then, if it doesn't flow well, we tend to abandoned ship.

So what's the difference in completing the task and starting it? **Habit.** It's that simple.

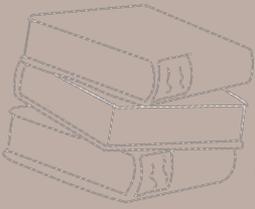
Are you a person who likes to change things up? Can't sit still for too long? Really dislikes doing the same thing every day? Same here.

Or maybe you're a natural creature of habit.

The key is this: make yourself so used to writing that *not* writing would be like breaking a habit, and that's just hard.

[James Clear](#) in his book, [Atomic Habits](#), gives this method for creating good habits:

1. How can I make it obvious?
2. How can I make it attractive?
3. How can I make it easy?
4. How can I make it satisfying?



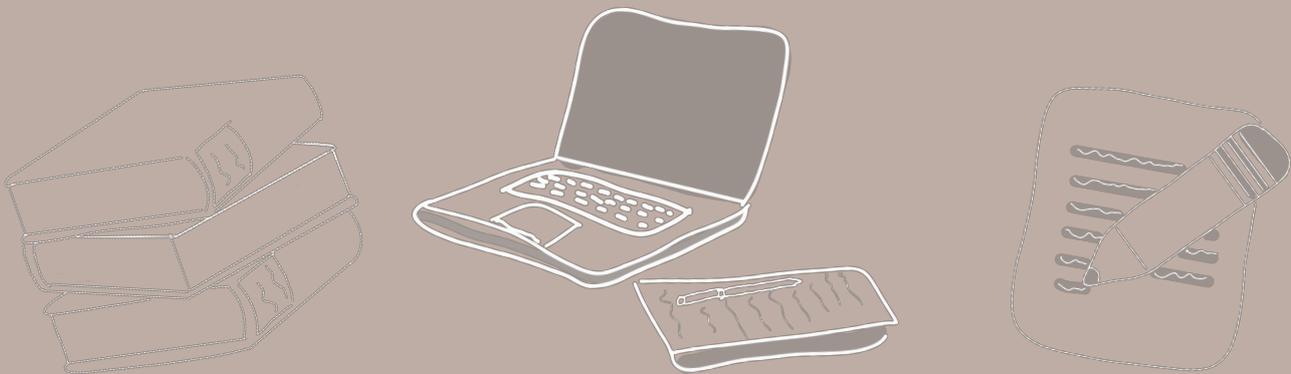
@thecreativu

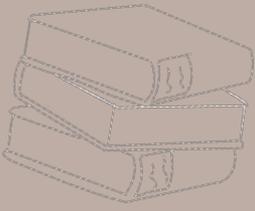
But, what do I do when I get stuck? (or how to write on demand)

I could go into great detail with tips and methods, but let me just remind us that this is about creating a habit. After I had written my first book and announced that I'd be releasing my second one the following year, a friend of mine gave me a little journal that had "Writer's block is for chumps" written on the cover. She assumed that because I'm cranking out thousands of words at a time, I don't ever get stuck. And it's one of the questions I get asked most often. "How can I write if I just don't *feel* inspired?"

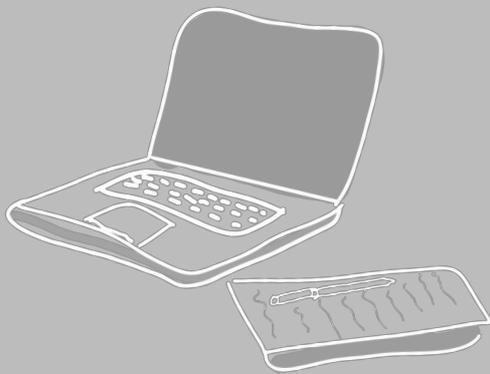
My answer is: **Write**. Don't use writer's block as an excuse. You have a *habit*.

Whatever comes to mind, make a goal, make a word count, set a timer, and write during that amount of time or until you reach that number of words. No excuses. If it's not inspired writing yet, don't worry. Get words out and onto the screen or page.





Overcome Writer's Block



With excuses out of the way because we have established an everyday habit, we can still expect to hit bumps in the road. Here are just a few suggestions when feeling too uninspired to write.

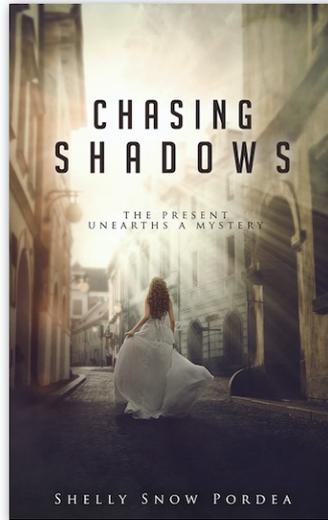
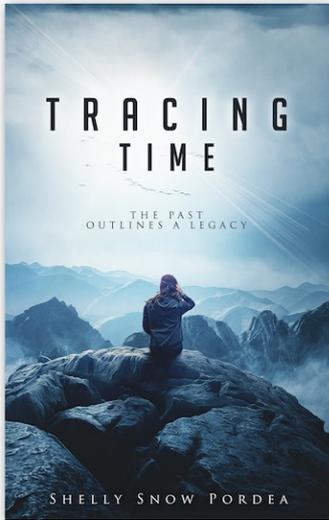
- Change your scenery. For the most part, it is best to choose a time and place for your writing. When you get stuck, change it up. Find a new coffeeshop. Leave your kitchen table, don't stay in the office. Simply find a new spot to write.
- Ask yourself "why?" Just because we told ourselves we're the expert of our own story once, doesn't mean we won't have to tackle a limiting belief

ever again! If it's self-doubt creeping in, take time to find out why. Maybe it's pressure outside of your own mind. Whatever the case, give yourself time to ask why.

- Exercise. Studies prove that when we move our bodies, we improve focus, attention, and drive. Take a ten-minute walk, or do cardio for an hour, but whatever you choose, move your body, and leave space to think. No podcasts, music, or social media.



@thecreativu



Whatever the subject matter, write the story you want to share with the world. Get to writing! Your story might just be exactly what someone is waiting to hear.



Find more at:

www.thecreativu.com

www.shellysnowpordea.com

@thecreativu

@shellysnowpordea

 Facebook  Twitter  Pinterest  Instagram

Write *Your* Story Now