

SUPERCHARGE YOUR WRITING SESSION

Introduction

Does this sound familiar? You finally carve out a bit of time to write. You sit down to get back to work on your long-neglected novel, your blog, that competition entry for a short story competition, or that book you've been meaning to write ...

... and somehow, you find yourself scrolling through Facebook.

Or maybe it's not Facebook for you. Perhaps it's other social networks – or webcomics, computer games, online shopping, or reading the news headlines.

Whatever it is, it's a distraction from your writing. And maybe you feel guilty or frustrated about it. Why can't you just *focus*?

The thing is, writing is hard work. Of course, it's hopefully also something you enjoy – maybe even something that feels like the one thing you were put in this world to do. But it takes energy.

This means it's all too understandable that writers tend to find a lot of things to do *other* than writing. And it's true that often, ideas bubble to the surface or coalesce while we're away from our desks.

But if you're ever going to produce a finished piece of work, you do need to sit down and write. That means not only setting aside time but using it for writing – instead of letting that time slip away through your fingers.

In this short guide, we'll be looking at how to supercharge your writing session so that you can focus and enjoy writing.

Some of these tips are tried-and-tested ones that you may have come across before. If you've not used them in the past (or if you've only half-heartedly tried them), I'd really encourage you to give them a go. Often, the simple things really do work.

Why We're Focusing on Writing Sessions

This is the first book in the *Supercharge Your Writing* series, and it might seem odd to begin by focusing on individual writing sessions. Why not take a big picture look at your writing life, and start by mapping out goals and a weekly or monthly schedule?

We're starting small because unless you've got the hang of sitting down and actually writing, planning weeks or months ahead won't help.

Sure, you might get to break out those fancy coloured highlighter pens – but you're unlikely to create a plan that you'll actually be able to stick to.

In this guide, we'll be covering:

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#1: Why You Need Specific Writing Sessions

You might be wondering why we're talking about writing "sessions" at all. What's wrong with simply sitting down and writing when the urge strikes and you have a bit of time to spare?

Well – there's nothing wrong with that! If you find yourself inspired to write on a Thursday evening and you've got an hour or two free, go for it. One of the great things about writing is that it's something you can generally dive into at a moment's notice. You don't need lots of equipment or materials.

However ... most writers find that writing urge *doesn't* tend to pop up all that often. Also, even when it does, you might not have much or any time available.

Even if you do feel like writing *and* you have some time when you could plausibly write, you might find yourself distracted by all the other things you feel like you "should" be doing with that time.

This is why writing sessions matter. They're times you've set aside for your writing: times you can look forward to and enjoy guilt-free.

Writing sessions mean setting a clear intention, too. If you've set 8pm - 9pm on Wednesday nights as a writing time, when 8.01pm rolls around, you're either writing or you're not.

If you don't plan for actual writing sessions, it's all too easy to end up defaulting to *not* writing. Sure, you might tell yourself that you can spend "Wednesday evening" writing, but without a clear start and end time for your writing session, it's far too easy for the evening to get eaten up with Netflix / idle internet browsing / household chores / etc.

So – while I fully encourage you to seize writing moments when they crop up, I think that most writers will find that the bulk of their writing gets done during planned writing sessions. In the rest of this guide, we'll be looking at how to plan and make the most of those sessions.

#2: How Long Should Your Writing Sessions Be?

Before we go further, let's get clear about what a "writing session" is.

A writing session:

- Happens on a single day.
- Normally happens in one sitting (though you might take breaks to stretch your legs, get a drink, and so on).
- Could be anywhere – your kitchen table, your home office desk, your local library.
- Should be as uninterrupted as possible.
- Can be pretty much any length (within these constraints!)

Over the past six years, my writing sessions have varied wildly in length.

I've had some writing sessions that were just 15 minutes long – that was back when I had a baby and a toddler.

I've also had writing sessions that lasted four to five hours. Those have been during writing retreats, when I get away to a local hotel and write all afternoon before taking a quick break for dinner.

Much more often, though, my writing sessions have been 30 minutes or less. So please don't feel that if you can't find a full hour, it's not worth writing. It's more challenging to write in short sessions, but the words still add up.

Also, don't assume that longer is better. Most people find they can focus well for somewhere around 25 - 50 minutes before needing a break. If you're going to have a session that runs for much more than an hour, you might find it helps to plan for a break midway.

If you've got a lot of control over your schedule, though, then I would suggest setting aside an hour to write. That's long enough that you can do a writing "warm up" if you want to, and long enough that you've got some time to allow for dealing with interruptions or distractions. If you feel like it's too long or not long enough, you can tweak things for your next writing session.

However, if your writing needs to fit into the teeny gaps around the rest of your life – I can totally sympathise!

For several years when my kids were small, my fiction writing mostly happened between 5.15pm and 5.45pm. This was a point in the day when my husband was always home, and it was the window between the kids' teatime and the point at which I needed to put their bath on to run.

Both long and short writing sessions have their advantages.

Long writing sessions:

- Give you time to really get into what you're writing
- Can give you a great sense of progress and accomplishment, as you'll end your session with a fair chunk of work done
- Are a good option if you have very busy weekdays but much more flexible weekends.

Short writing sessions:

- Can fit into your life, however busy it is.
- Only require you to stay focused for a brief period of time.
- Don't feel too daunting, even on days when you're low on energy or willpower.

You may well want to have a mix of short and long writing sessions so you get the benefits of both.

For example, you might decide to write for 30 minutes each morning before work, then write for 3 hours every Saturday morning.

Can You Write for Longer if You Want To?

Absolutely! If you plan to write for 30 minutes but you find that you're in the zone, and you've got the flexibility to keep going – by all means do so.

Try not to keep on writing till you're completely out of ideas, though. It's always good to stop a writing session with a thread that you can pick up next time. You might decide to end with a few bullet points for where you were thinking of going next, for instance.

Summary:

There's no "perfect" length for your writing sessions. What matters is that you pick something that suits you and fits into your life.

If you've got plenty of flexibility, try aiming for an hour for your writing sessions.

If your writing session is going to last more than an hour, you might want to plan in a 10 minute break partway through.

#3: When Should Your Writing Sessions Be?

Does it matter *when* you write? Should you aim to have your writing sessions at a specific time of day – or can you fit them in whenever it works for you?

Most of us have certain times of day when we can focus fairly easily – and certain times of day when we find it really tough to stay on task.

Personally, I'm a morning person. In the mornings, I find it easy to sit down and concentrate. That's why I like to do my writing before I start my workday. (Currently, I write full-time for a large blog about WordPress.) I can get a lot done between 5.30 a.m. and 7 a.m.

In the evenings, though, I struggle to focus. I find myself browsing the internet or checking emails or looking at Facebook when I want to be writing.

For me, it definitely makes more sense to get an early night and wake up at 5 or 5.30am than to stay up and write at 9pm or 10pm.

You might be completely different! Perhaps you hate mornings, but you're alert and energetic in the evening. You might find late nights are a great time for you to write.

Where you can, try to fit your writing into the times of day when you focus well. Of course, that may well not be practical or even possible.

Maybe your best writing hours are 10am - 12noon, but you work a 9am – 5pm job. Or perhaps you're a parent and your best hours are from 7am - 9am, but that's a hectic time of day when you're getting the kids ready for school.

In situations like these, you can:

- **Figure out what times of day you *could* write.** E.g. perhaps you could plausibly write from 6am - 6.30am before your kids wake up / before you need to get ready for work. Or maybe you could write in your lunch break at work.
- **Pick one of these times and try it out for a few writing sessions.** It might feel awkward or difficult at first. Try to give it a fair chance.

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- **Use weekends to write at your ideal times, if possible.** If you've got kids, this may well require some negotiation with your partner – or if you're a single parent, it may mean getting someone else to help.

Although I'm definitely a morning person, a lot of my fiction writing happens in the evenings right now. I find that I need to keep my writing sessions short (no more than an hour) and use more tricks for focusing than I'd need in the morning, but the more I use the evening sessions, the easier it becomes.

Summary:

If you can write at your best time of day, great!

If not, try out different times that could work, and give them a fair chance. Use lots of techniques to help you stay focused (see sections #5 and #6 of this guide for plenty of ideas).

#4: Making Space for Your Writing Session

While one of the great things about writing is that it can be done pretty much anywhere, that doesn't mean the place where you write is unimportant.

If you write at home – and most writers do – then it really helps to have a room with a door you can shut while you're writing. That doesn't need to be a home office, though if you've got a room you can devote to writing, by all means go for it.

You can plausibly write anywhere in your house, but that works best if you can have the room to yourself. I know I find it almost impossible to focus if my kids are in the room with me.

Many writers (me included) also find it difficult to write if someone else can see their screen. Even if you're planning to eventually publish whatever you're working on, you might not feel comfortable with the possibility of anyone seeing your work in progress.

When it's Difficult to Find Space

I hear from a lot of writers in a lot of different circumstances, and I know that it can be tough to find the space to write sometimes.

One solution is to simply get out of the house to write. That might mean using a local library (free) or coffee shop (can get pricey).

As I write this, though, we're in the middle of the coronavirus pandemic ... and getting out of the house isn't much of an option. Even in normal times, leaving the house to write might not be practical for you. Perhaps you're writing in the evenings when libraries and coffee shops are shut, for instance.

If you need to make writing space at home, here are a few possibilities:

Your Bedroom

If you have space in your bedroom, a desk there can work well. It might need to be a small one to fit in the room. If space is really limited, could a folding

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table work? That way, you can cram it in next to the bed while you write and fold it out of the way at nighttime.

A stool rather than a chair can be easier for space, as you might be able to stash it in the wardrobe when you're not using it. Otherwise, I'm a big fan of Swiss balls – I started using one as my "chair" years ago when I had backache in pregnancy, and I've used it ever since. The ball is bulky, but light and easy to move around.

If you really can't fit a desk in, then could you write in a notebook while sitting up in bed? I do that sometimes and it can be a cozy and relaxing way to sink into writing. (My main difficulty is that I tend to end up really sleepy, though, and you may find that a challenge too.)

The Kitchen Table

This is a favoured writing location for many writers – and it's where I often write first thing in the mornings, and in the evenings once my kids are in bed. Our kitchen table tends to attract clutter: if that happens with yours too, a couple of boxes or baskets to group the clutter into can help clear enough space for a laptop.

The main drawback to writing at the kitchen table is that you're likely to have other people in the room. This can lead to interruptions or distractions, and you may need to think through *when* you're going to write there.

The Sofa

Personally, I'm not a big fan of sitting on the sofa to write with my laptop on my lap – it's not a comfortable typing angle for me. If I do work on the sofa, I grab a little table to put in front of me so my laptop can sit on that.

The sofa might be a good option for you, though. Again, as with the kitchen table, you'll likely need to find a time of day when other people aren't around.

A Garden Shed

If you have a shed or some kind of outbuilding in your garden ("yard" to my American readers), can you use that?

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Our shed is in such a state of disrepair that the roof leaks and it's also full of old bikes, camping equipment, and tins of paint left by the previous owners of our house. But yours might be in better shape and a more practical option!

Even a small physical distance from your house can help in being able to focus. Family members who'll readily interrupt you when you're at the kitchen table probably won't bother coming outside to find you in the shed.

Making Sure Your Writing Space is Comfortable

Although writing might seem like a supremely safe hobby, it can be genuinely physically harmful if you go about it the wrong way. Hunching over a laptop and typing fast for hours on end isn't going to do your body any good.

Don't put up with a writing space that's uncomfortable. If you're getting a backache or headache, then make changes.

These are some things that help me:

- **Having my monitor at the right height** (the middle of the screen in line with my eyes). I work on a desktop a lot of the time, and my primary monitor has quite a high stand. If your monitor is too low, pop a few books underneath. On a laptop, you can tilt the screen backwards to make sure you can easily see it without craning your neck.
- **Having my keyboard slightly raised rather than flat** (there are teeny "legs" underneath it at the back which hold it up). If you're working on a laptop, you may find it helps to have a stand that holds your laptop at an angle for more comfortable typing.
- **Sitting on a comfortable chair with good back support.** However, good chairs tend to be quite expensive. Most of the time, I use a Swiss ball as a very affordable, and surprisingly comfortable, alternative.

Again, please don't put up with a keyboard that makes your fingers or wrists ache, or a chair that hurts your back. Even small adjustments (like tilting your keyboard or using a small cushion for lumbar support) can make a difference.

Setting Your Writing Space Up So You Can Focus Easily

It's helpful to have the things you need to hand when you're writing – you don't want to end up breaking off partway because you can't find the notebook where you jotted down your plan for a blog post or your outline for a scene of your novel.

Things you may want to have to hand include:

- A notebook or paper to write on.
- Your project's notebook, if you keep notes on paper rather than digitally.
- A pen – or several pens, if you like to write in different colours
- Headphones – ideally ones that block out noise a bit. I find the in-ear type work brilliantly for me, and they're cheap.
- A drink – tea, coffee, water, whatever you like.
- Any snacks that you might want, especially during a longer writing session.
- Books that you're using for research or inspiration.
- Anything you need if your room is too warm/cold, like a fan or a dressing gown (robe). I have fingerless gloves on my desk in the winter because my hands often get cold when I'm typing.
- Anything else you want to use while writing – e.g. scented candles and a lighter.

Of course, if your writing space is your bed or the kitchen table, you won't necessarily want to keep these *on* your space.

A great option here is to have a largeish bag that you keep all your writing things in. Get a bag that can fit your laptop (if you use one), your charger, pens, a notebook or two, a water bottle, and so on. Keep everything you need in it, then you can just grab it and head to any writing spot you want in your house or beyond.

If you can, it's helpful to avoid having too much physical clutter in your writing space. If your desk is heaped with laundry, five empty coffee mugs, and a stack of books that you need to put away, then it's going to be hard to actually

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have space to write. Plus, the clutter is a subtle reminder of the tasks you're *not* getting on with while you're writing.

You may also want to add some things to your environment that help you feel creative. For me, that's music, which I can add very easily by plugging my headphones into my computer, my phone, or my Amazon Echo (which sits on my desk). For you, it might be candles, photos, mementos, or anything else that feeds your creativity.

Summary:

The space in which you write matters. You might not have a dedicated office to write in, or even a desk, but you can still take steps to make your space a good place to write.

It's important to be comfortable and to have the things you need at hand to help you focus.

#5: Setting Yourself Up to Focus

I'm sure you've already experienced how much easier it is to focus on your writing in some circumstances than others.

Get straight to it in the morning, before the rest of the household is awake, with a mug of tea to hand? It's easy to concentrate.

Sit down with your laptop on the sofa in the evening, with the TV on and your partner/kids/housemates in the room? It's really difficult to stay on task.

There are plenty of things you can do to set yourself up for a great, focused writing session. Lots of these take just seconds.

All writers are wired a little differently. Some of these focus boosters might work brilliantly for you; others may not be particularly helpful. I'd encourage you to give everything on the list a try *at least* twice. (Sometimes, the first time you add something new, it seems a bit jarring till you get used to it.)

Then, just stick with what works best for you.

Tip: Use the Writing Routine worksheet to list the steps you want to take at the start of each writing session to help you get ready to focus.

#1: Turn Off Your Internet Connection

Spending a few seconds turning off your internet connection before you start writing could make a *huge* difference to your focus levels.

A lot of my writing happens on my desktop, which is physically plugged into the internet through an Ethernet cable. I can simply unplug it when I want to focus. Then, my inherent laziness works in my favour, because I don't want to have to get up to plug the cable back in. ;-)

Wifi connections are a little trickier, because you can often re-enable them by hitting a button on your keyboard. Even adding in the step of having to hit that button, though, can be enough to remind you to stay on task.

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What if you can't turn off your internet connection? Maybe you're doing online research, or you're writing in an online app. In that case, you could try a browser extension that blocks websites. You can allow only the sites you want to give yourself access to, for a specific period of time.

#2: Play a Specific Album (or Song) When You're Writing

Many writers find it easier to focus with music playing, even if that's only to help block out external noise.

For better focus, you might find it helps to pick a specific album – or even a specific track – that you always put on when you sit down to write on your project.

I'll sometimes have a song that fits well with the mood of a piece of fiction I'm writing, or even a whole album that I listen to on repeat. You might want to give this a go, too. Experiment with different types of music and see what works for you, or pick something that always makes you feel motivated.

If you find that you get distracted by music with lyrics, look for instrumental music in a genre you like – or try movie soundtracks.

#3: Write Down What You're Hoping to Achieve

It's very easy to sit down at the start of a writing session intending to write for 30 minutes or an hour – but without much idea of *what* you're going to write.

Try jotting down what you want to achieve, before you start. Even if you already have a target in your head (e.g. "write 500 words of my novel"), it can be really helpful to put it down on paper.

For extra focus, share your goal with someone else. Announce it to your Facebook friends, tell your partner, or message your writing buddy.

#4: Plan Out What You're About to Write

Whatever type of writing you do, it's going to be helpful to plan ahead.

This is easier for some types of writing than others: I definitely find non-fiction easier to plan than fiction.

You don't have to spend ages planning. A few bullet points about what you want to cover during your writing session, or a quickly scribbled mindmap, may well be more than enough.

Having *some* kind of plan, though, makes it much easier to stay on task. You know where you're going and you know what ground you've already covered. This can be really helpful if your energy is flagging.

You may well find that the act of making a plan helps you to get over any initial resistance to getting started with writing, too. Once your pen is moving on the page, or your fingers are moving on the keyboard, you'll be more likely to keep going.

#5: Set a Timer (or Stopwatch) Going

If you tend to get distracted every few minutes, you might find a timer helps a lot.

At the start of your writing session, decide how long you're going to write for continuously. Maybe you feel confident you can write for 15 or 20 minutes without breaking off to do something else (like scrolling through Facebook). Set a timer, and promise yourself you'll write – and nothing else! – until the time is up.

You might well be surprised how much you can write in a focused 15 minutes. Once your timer goes off, you can simply set it again if you're on a roll – or take a quick break.

An alternative, if you find the timer disrupts your flow, is to set a stopwatch. This lets you race to see how quickly you can complete the next section or page of what you're writing.

Summary:

Taking just a minute or two at the start of your writing session to set yourself up to focus can make a huge difference. Easy “focus boosters” like turning off your internet connection or writing down what you want to achieve can make a massive difference to how well you focus as you write.

#6: Refocusing if You Get Distracted

So, you've figured out a good time to write. You've blocked it out in your diary. You've made the physical space to write. You've got a comfortable chair and music that helps you focus.

And yet you find yourself doodling in your notebook before you begin, writing a few sentences, then getting distracted by scrolling through Facebook.

It can be really tough to focus on writing, so please don't feel bad if this is something you're struggling with.

Perhaps you find it quite easy to stay focused at work, where there aren't many distractions, you've got deadlines, and your boss or colleagues can see what you're doing. But when it's just you and your writing, it can seem almost impossible to stay on task.

To a large degree, focus is a habit. If you *always* start off your writing sessions by checking the news headlines, seeing what your Facebook friends are up to, and catching up on webcomics ... then that's going to end up as a default "getting started" routine, whether you want it to be or not.

Similarly, if you *always* write a handful of sentences then find yourself browsing online stores as soon as you feel a bit stuck, then that too is going to end up being a habit.

On the other hand, the more you try to keep your focus on your writing, the easier it'll become.

More Techniques to Help You Stay Focused

That's why it's important to have some strategies for refocusing if you get distracted. These extra focus boosters are some great ones to try:

#1: Write Down Your Distracting Thoughts

When you're writing, a whole bunch of thoughts might come up. You might remember that you need to buy milk, or put laundry on, or reply to that email.

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You might think of something you want to look up – not necessarily related to your writing.

If you find yourself getting distracted, write your thoughts down so you don't have to worry about keeping mental track of them. I use my planner for actual tasks and scraps of paper for things more like "look up the details of that movie I want to see".

#2: Take a Deliberate Break

If you've been writing for a while and you find that you're struggling to focus, it's probably because you need a break. Take one! Get up from your desk (or wherever you're writing), and do something else for 10 minutes or so. Dance to some music, make a coffee, fold the laundry, whatever gives you a chance to mentally recharge.

Don't take your break at your computer. I know how very easy it is to take a "quick break" to meander around the internet, only to find that a whole writing session has drifted away.

#3: Stop and Breathe

Sometimes, you might be struggling to focus because you're feeling stressed or anxious. Take your fingers off the keyboard and take a few slow deep breaths. You might want to pick a particular writing affirmation or mantra to repeat to yourself, or look again at the goal you wrote down for your writing session.

#4: Change What You're Listening To

When I'm writing, I mostly listen to heavy metal – usually something towards the thrash end of the spectrum. I like the fast tempos and the sense of energy the music gives me.

Sometimes, though, I find that my music is distracting me rather than helping me focus. Maybe I'm feeling a bit anxious and all over the place, or maybe I'm struggling to get into the flow of my writing.

If that happens, I switch to something different to listen to. I might go for some hard rock/metal that's purely instrumental, some epic movie

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soundtracks, or some chilled out meditation music. All of these can work for me (or against me!) depending on my mood.

You might find that switching from music to silence, silence to music, music to ambient sound, or one genre to another helps you.

What if Distraction is Part of Your Writing Process?

But what if you *like* to let your attention wander when you're writing? You may feel this is part of your writing process – to write a few sentences, pause, and do something else for a bit.

If that's working for you, great, stick with it. Perhaps you find that you tend to come up with ideas when you let your mind wander, or maybe you are actually focusing solidly, just for short periods interspersed with breaks.

Distraction becomes a problem when it's working against you: when you're never really getting into the flow of writing because you keep shifting your attention to something else, or when you're only managing to complete a fraction of the writing that you want to get done.

How to Deal with Interruptions

What about interruptions? I like to distinguish between *distractions* and *interruptions*.

Distractions are things you cause yourself; interruptions are things that are outside your control.

If your spouse asks about the shopping list, or your housemate shows you a funny video, or your child wants you to admire their latest drawing, or your friend phones for a chat, those are all interruptions. You may well not mind being interrupted occasionally – but if it's happening a lot, it can seriously derail your flow.

Interruptions can be worse than distractions in many ways, too. When we give in to distraction, it's generally because our attention was drifting anyway, or

because we'd come to the end of a section of writing. Interruptions, though, can come right when you're at your most focused.

The best way to deal with interruptions is to head them off before they occur: to let family members or housemates know that you want to write uninterrupted.

I find it helps a lot to be in a different room (ideally on a different floor of the house!) from everyone else. Headphones can also come in handy here – even if you don't listen to music through them, they're a clear signal to others that they can't talk to you right now.

But if you do get interrupted, try to deal with the interruption quickly then get back to what you're doing. This might mean:

Only Tackling What Needs to Be Done Instantly

Perhaps your child is struggling with a craft project they're working on. You don't need to drop everything and help them through it. Instead, you could help them pick something else that they can do independently till you're done with writing.

Dealing With the Interruption Later

Maybe you've been interrupted by a phone call from your dentist asking you to book your next appointment. You don't need to drop everything, find your diary, and try to figure out what will work. Instead, you could just say that you'll email them or ring back later.

Reminding People When You'll Be Free to Talk or Help

For instance, if you're writing from 7pm - 8pm, you can tell your spouse that you'll be able to discuss the week's meal plan with them after 8pm. With children, you might want to set a timer (e.g. for 30 minutes) so they know that you'll be done with writing once the timer goes off.

Avoiding Getting Distracted After an Interruption

One big danger of interruptions is that they can jolt you right out of focus. Even if the interruption was minor and quickly dealt with, it's easy to end up looking at Facebook or the news headlines instead of getting straight back into work. Try using some of the techniques for dealing with distractions to get back into your work quickly.

Summary:

Everyone gets distracted sometimes! Make sure you've got some good techniques at hand for regaining your focus. Just taking a few deliberate breaths, or writing the distraction down, can be enough. If you get interrupted a lot, figure out a plan for dealing with this.

Where Next?

There's no one "right" way to organise your writing sessions. Some writers find they focus really well sitting in bed late at night; others like to get started first thing in the morning. Some writers find that a specific album, artist, or genre of music gets them into the writing mood; others need absolute silence.

What matters is finding what works for *you* and, as much as possible, sticking to it.

That might sound simple, but it can take time to figure out what helps you to focus. Sticking to it, too, isn't necessarily easy. It normally means a fair amount of self-discipline, or creating some really good routines around your writing.

The rest of the materials in the *Supercharge Your Writing Session* pack are designed to help you make the most of your writing sessions:

[The Writing Routine sheet \(.pdf\)](#)

This is a printable page that you can use to list the steps that you want to take every time you sit down to write. This can help you get your writing sessions off to a great start. You can fill it out once and use it again and again.

[The Writing Session planner \(.pdf\)](#)

This is a printable page that you can use at the start of every writing session. You can use this to help you think through your goal for the session, what you plan to do if you need a focus boost, and more.

[The Writing Jump Starts list \(.pdf\)](#)

This printable is designed to help you get unstuck when you feel like the piece that you're writing isn't quite working. It has a bunch of suggestions for both fiction and non-fiction that you can try.

There are plain black and white versions of each, if you want to minimise how much printer ink you use.

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You may want to use just one of the printables, or you may want to try them all out to see which ones help you the most.

Happy writing,

Ali

P.S. I'd love to hear how your writing goes – and which tips or resources from *Supercharge Your Writing Session* helped you most. Drop me an email any time at ali@aliventures.com to let me know.

More Resources to Help You

If you want to go further with your writing, check out these resources on my website:

Supercharge Your Writing series (\$8 each)

Find the rest of the Supercharge series at aliventures.com/supercharge

Get Writing (\$20)

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