

How to Overcome Writer's Block

Getting unstuck and staying stuck free

Set up your environment

Before you start writing you want to set yourself up for success. This involves setting up both your internal environment, and external environment, to be in alignment with what you're trying to achieve.

Shaping your internal environment involves eliminating as many variables as possible. Decide on the time, place, subject matter, and stick to it. Shaping your external environment involves getting rid of distractions, and making yourself as comfortable as possible before getting to work.

Work in cycles

Consider changing the way in which you approach your work. It's unlikely that you'll be able to be efficient and effective at what you're doing for hours on end. But a quick little break can easily turn to an hour, or worse, a complete break in productivity.

So instead of allowing break time to creep into work time, schedule regular breaks in between work time. This way, you get the best of both worlds. You'll maintain your productivity, like 20 minutes of work, with intermittent periods of rest and relaxation, like 5 to 10 minutes, and the ability to repeat it.

Use reference material

Keep material at hand that you can reference and use as a jump off point. The idea isn't to copy the material as is, but rather to draw inspiration from it. Every person who creates has a source from which they draw.

Another great way to maintain your flow of inspiration is to continually expose yourself to new experiences. This doesn't mean doing stuff you don't like. Opt into experiences that will be uncomfortable, but provide you with the opportunity to grow.

Make your first mark

Making your first mark refers to just getting started. The pressure of having your work turn out perfect the first time around can prevent you from even getting started. And there's no way to fix a work that doesn't exist. So don't be held back by mistakes, you can always correct them later.