

Get started faster

**WRITING
EXERCISES**

Keep writing longer

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**Do you find it
difficult to start
writing?**

This
writing routine
may help

Hi, I'm Ivan Walsh

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**Plato suggested we
become what we do all
day.**

So...

**Create a routine
that works for
You!**

1. Find the location

Make this your place

Reminder to write

Create rituals

2. Same time & place

Build the routine

Start small

Shrink your goals

3. Turn off distractions

Leave the phone outside

Turn off the wifi

Buy strong headphones

**Time yourself
always**

30 Min Blocks

Start the clock

Then stop, stretch

Start again, build muscle

Let's start

Start easy

Create a **writing plan**

Identify targets

Ease into the writing

**A schedule
stops you
from drifting**

Identify tasks

Google Drive, Evernote

Review frequently

Keep it portable

First writing task

Create outline

Make a list of tasks

Don't defeat yourself

Write to completion

Always finish one piece

Then start next

Avoid fragments

Is there time?

Yes, start

No, create outline

Scan today's work

Watch the clock

Use Pomodoro

Don't go past finish time

Develop a sense of time

Stop
Stand up
Stretch

Go again!

Quickly, review work

Check writing task

Stay on track

Don't make these
MISTAKES
when writing

**Pushing
yourself to
hard**

leads to
BURNOUT

Finding Loopholes

Undermines your
EFFORTS

**Comparing
with others**

Destroys your
CONFIDENCE

Thanks, Ivan

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