

**Strategies to Overcome Writer's Block:  
Give Yourself Permission to Write Garbage**

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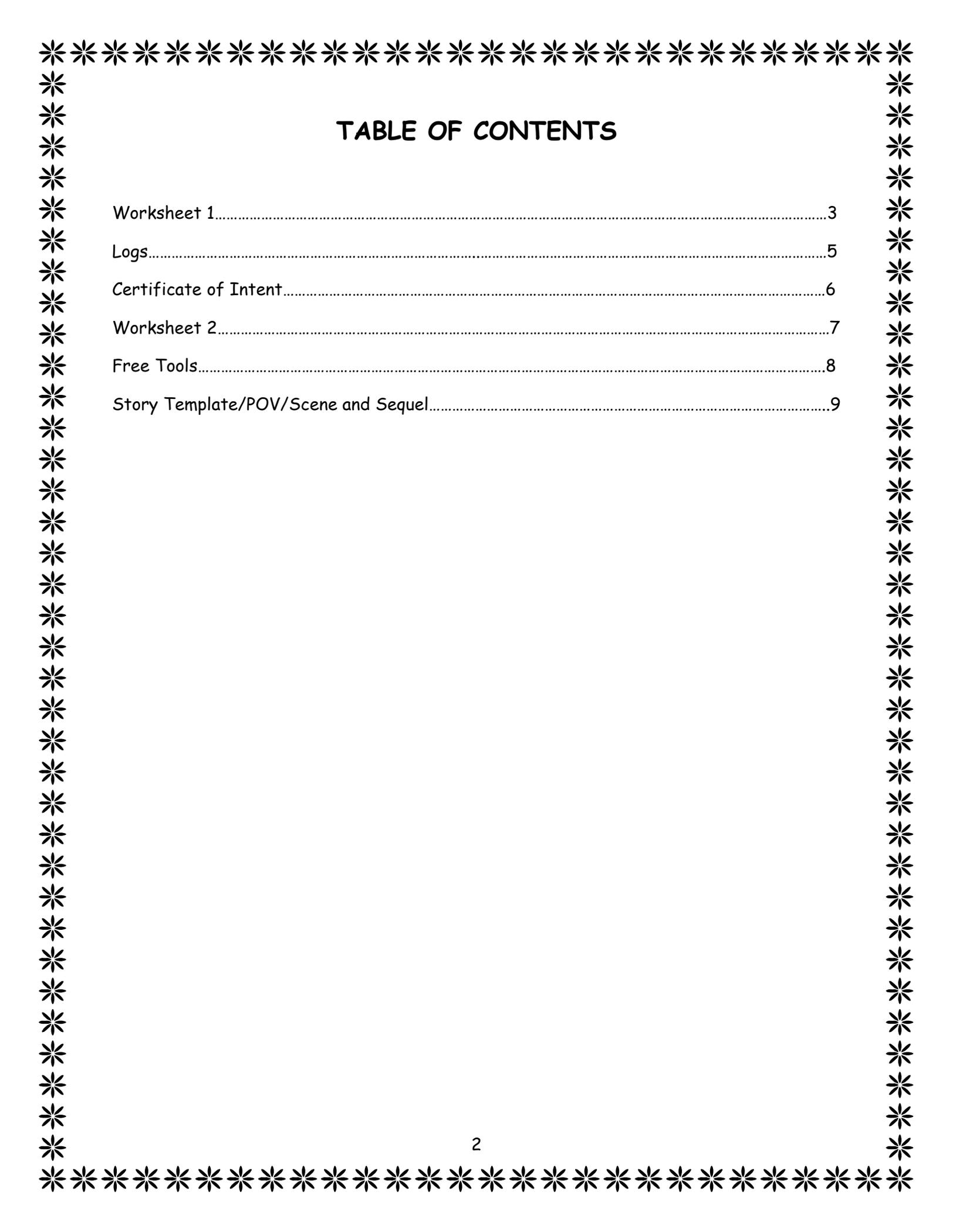


There are three steps to producing writing that communicates: shape your idea, put it on the page, and make sure it's effective. Writer's block occurs when you try to do more than one step at a time. This practical class will separate the parts of the writing process and give you a list of specific actions to take when blocked so you can finish your project—fast and well!

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These pages comprise the handout for this lecture. If you have any questions or comments, don't hesitate to get in touch with me—I'd love to hear from you!

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# WORKSHEET 1



1. My working title is \_\_\_\_\_.
2. My book genre is \_\_\_\_\_.
3. I will publish ( )print book ( )e-book ( )both.
4. My book will have about \_\_\_\_\_ words.
5. My book will have about \_\_\_\_\_ manuscript pages.
6. *Divide item 4 by 1000 (# words in my book/1000).* I will need about \_\_\_\_\_ hours to write my book.
7. *Divide item 5 by 4 (# manuscript pages in my book/4).* I will need about \_\_\_\_\_ hours to write my book.

(items 6 and 7 should be identical)

8. Double item 6 or item 7. I will need about \_\_\_\_\_ hours total to create my book, which includes planning, writing, and editing.
9. Here are some ways I can find time to write:

- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.

10. I can find \_\_\_\_\_ hours to write each week.

- I can find \_\_\_\_\_ hours to write on Monday.
- I can find \_\_\_\_\_ hours to write on Tuesday.
- I can find \_\_\_\_\_ hours to write on Wednesday.
- I can find \_\_\_\_\_ hours to write on Thursday.
- I can find \_\_\_\_\_ hours to write on Friday.
- I can find \_\_\_\_\_ hours to write on Saturday.
- I can find \_\_\_\_\_ hours to write on Sunday.

11. I estimate it will take me \_\_\_\_\_ hours (item 8) to create my book.

12. I estimate I will have \_\_\_\_\_ hours (item 10) per week to create.

13. *~Divide total hours by hours/week. Round up.* Therefore I estimate it will take me \_\_\_\_\_ weeks to create my book.

14. I will start my book on \_\_\_\_\_.

15. I will finish my book on \_\_\_\_\_.

# LOGS

## DAILY LOG

DATE	TIME START	TIME STOP	WORDS	TOTAL WORDS	WORDS/HOUR

## WEEKLY LOG

WEEK OF	TOTAL WORDS	TOTAL TIME WRITING	AVG WORDS/DAY	AVG WORDS/HOUR

# Certificate of Intent

Book Title: \_\_\_\_\_

I am committing \_\_\_\_\_ hours per week to work on my book and will keep records of my progress.

Start Date \_\_\_\_\_

Finish Date \_\_\_\_\_

May God help me to keep this contract to the best of my ability so that I may write to His *Glory.*

Name \_\_\_\_\_

Date \_\_\_\_\_



*Certificates*

## WORKSHEET 2

1. Here are some reasons why my reader will benefit from reading my book:

- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.

2. Here is my logline of 20-25 words that describes the essence of my book:

\_\_\_\_\_.

### NONFICTION

3. Study your logline. List the 4-8 or so main topics of your book.

4. For each main topic, list the 3-5 or so subtopics.

5. For each subtopic, list the 3-5 or so points.

6. My book will have about \_\_\_\_\_ words (Worksheet 1 #4) and \_\_\_\_\_ pages (Worksheet 1 #5).

7. *Divide total pages by #topics.* I will have about \_\_\_\_\_ pages for each topic. *Divide this number by #subtopics.* I will have about \_\_\_\_\_ pages for each subtopic. *Divide this number by number of points.* I will have about \_\_\_\_\_ pages for each point.

8. Map book using Freemind and/or other tools.

### FICTION

9. My book will have about \_\_\_\_\_ words (Worksheet 1 #4) and \_\_\_\_\_ pages (Worksheet 1 #5).

10. My book will have about \_\_\_\_\_ scenes. *Divide total words by #scenes.* Each scene will have about \_\_\_\_\_ words.

11. Study your logline. Using the list of story points and the Snowflake method, or other tools, list out the structure of your book.

# TOOLS

## Freemind:

Download:

<http://freemind.sourceforge.net/wiki/index.php/Download>

User Guide:

[http://freemind.sourceforge.net/FreeMind%20User%20Guide%20by%20Shailaja%20Kumar%20\(manual\).pdf](http://freemind.sourceforge.net/FreeMind%20User%20Guide%20by%20Shailaja%20Kumar%20(manual).pdf)

Tutorial:

Youtube tutorial at [https://www.youtube.com/watch?v=grut\\_2cardM](https://www.youtube.com/watch?v=grut_2cardM)

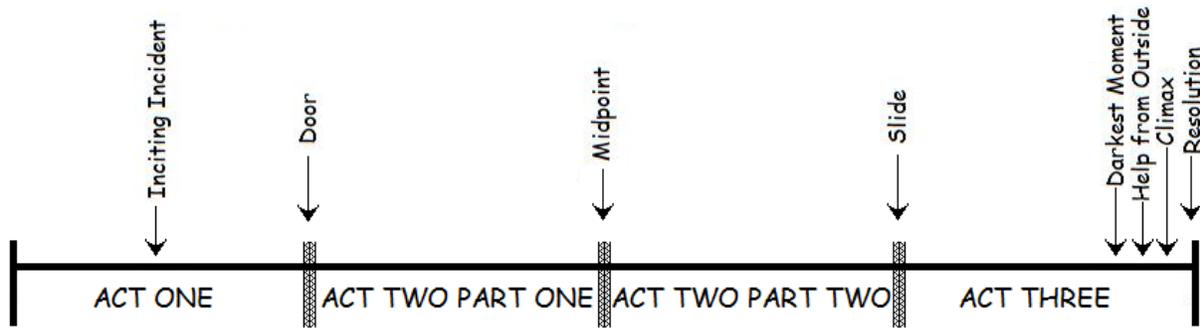
## Snowflake:

Download:

<https://www.advancedfictionwriting.com/articles/snowflake-method/>

check out Randy's site - he has many good resources and information

# STORY TEMPLATE



See my book *The Story Template* for more explanation.

## POINT OF VIEW

POV can be first or third person, light, or deep penetration. When telling your story stay with only one character's inner reactions per scene.

See my Book *POV: Fiction's Powerful Emotional Bonding* for more explanation.

## SCENE AND SEQUEL

Story can be described in two units: Outer Action (Scene) and Inner Response (Sequel). The Scene outline that you can paste at the top of your scene is:

POV:

Goal:

Conflict:

Disaster:

The Sequel outline that you can paste at the top of your sequel is:

POV:

Emotion:

Thought:

Decision:

Action:

See my book *How to Develop Story Tension* for more explanation.