

# 8 SIMPLE & POWERFUL WAYS TO: BEAT WRITER'S BLOCK

Here's a fact that might free you from some self-judgement: all writers experience writer's block. It's simply part of the creative process, and with the right mindset, something that can be easily overcome, time and time again! Writer's block is something that happens when our minds are cluttered, when we're distracted, when our environment isn't conducive to creation... and sometimes, for no reason at all.



If you can learn to accept writer's block as part of your reality as a writer, and know that you're not alone, you can be empowered by this discomfort and use it to write even better. It happens at every stage of success!

This guide outlines the 8 simple and powerful ways that I have used to help myself and others fight the dark cloud of writer's block:



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# 1.

## An Early-Morning Practice

Everyone who knows me knows I am an early riser with a strong personal practice that includes meditation, movement, and prayer. Connecting to my body, to God, and clearing my mind through meditation are the things that help me feel closer to myself, and therefore, closer to the channel of creativity that pulses through all of us.

It has taken me many years to cultivate this practice, but as time goes on, I do experience writers block less and less. Giving myself the space to go inward starts my day on the right foot.

# 2.

## A Sanctuary to Create In

My office is my sacred place. I've outfitted it with things that inspire me: soothing sounds, creative colors, and positive statements. There are photos of my family, scriptures that inspire me, and trinkets that remind me who I am. It is a place that is so quintessentially me, I can easily settle in and get my work done.

I've created boundaries around my workspace, as well, so that my kids and other family members in the house respect it and don't use it.



### 3. Create a Simple Outline

For me, sometimes it's as simple as getting an outline drawn on a piece of paper so I know where I'm going. Everyone has their own version of this, and you'll find yours, but when I feel overwhelmed and unsure how to get started, a simple chart drawn on a scrap piece of paper helps to organize thoughts in my mind.

### 4. Try and Locate the Source of the Block

Whenever I come up against a writer's block, the instinct is to get frustrated with myself. If I have a deadline, it's natural to get irritated when the words just aren't hitting the page right. However, I've learned that instead of trying to push away the block, looking at it and facing it with love is much more effective.

Here's an example: Let's say I'm writing a speech that I'm expected to deliver to a large audience. I want to inspire people, make them feel seen and heard, make them feel like they can do anything.

However, if the words just aren't coming to me, I try to understand why. Maybe there's a part of me that is scared that what I say won't resonate. Maybe there's a fear that I'll say something that will offend someone. When I look at the root cause of the block, I can thank the fear for coming, love that part of myself, and continue on with my work.

## 5. Just Write, Even if it's Horrible

Meryl Streep once said that her first few takes of a scene are always throw-aways. She uses the first few times to “get the garbage out” before she can really start creating gold. This is a nice way to look at writer’s block.

When I can’t figure out what to write, I simply just... write. Even if it’s awful, boring, off-track. Whatever it is, as long as words are hitting the paper, something is bound to come out that works.

## 6. Take a Break

Do you need a glass of water? A meal? An hour in nature? Sometimes it’s these simple biological requirements that we forget about that can make all the difference. If I’m well hydrated and still just not getting there, I focus on something else.

Cooking always makes me feel creative in a “productive” way, so often spending some time in the kitchen is a way to get the creative juices flowing before you sit back down. Taking a walk is a classic way to clear your head,

## 7.

### Commit to Yourself

What's most detrimental to your writing process isn't the writer's block itself-- it's letting it stop you. Be the kind of person who trusts the process, uses trial and error to find out what works best for you, and gets out of their own way. Show up for yourself every single day, and watch writer's block appear less and less!

## 8.

### Refocus on Your Outline

The best weapon you can use to beat writer's block is to create a comprehensive outline of your manuscript. The worst thing a writer can do when they start writing a book is to start writing the book! First, take a 50,000-foot view of the journey you're readers will go on. Write out the highlights or subtitles of each chapter.

This helps multiple ways:

1. You don't have to think about what you're going to write; you already know what you're going to write about!
2. If you feel stuck in a certain chapter, skip it and write a chapter that calls to your creativity at that moment.
3. It will refrain you from following a topic down a rabbit hole that leaves you stuck there, not knowing how to get back to the original concept for that chapter.





## Need More Help? Contact Us Today!

Integration of these simple principles takes time, commitment, and a strong support system. At Dream That Big Publishing, we work with our clients one-on-one, organizationally, and/or in mastermind groups to help them follow through all five of these steps. With guidance, encouragement and the tough love you need to stay on track, soon we'll be celebrating your accomplishments!

We believe that you have exactly what it takes to achieve everything you desire personally and professionally. The question is: how soon do you want to see results? Dream That Big Publishing can help you get further, faster.

You've come this far — book a complimentary 15-minute discovery call with an experienced coach at Dream That Big Publishing today!

**Book a 15-Minute Discovery Call  
Today!**

