

# 10 tips for Success

most Inspired Writers

don't know



By Cristina Smith

# Why do writers write?

The answers are as individual and unique as the authors themselves. Many say they have to. If they don't write, they feel off or incomplete or like something is wrong.

Many have deep and important wisdom or information to share.

Some use their writing to process their lives, as a necessary and helpful tool. The answers vary widely and are reflective of the person, their motivation and their mission.

Like many creative pursuits, writers share common ground. It may surprise many readers to discover that writers suffer from insecurity and doubt, just like all other human beings. Their writing may sound certain, but the individual behind it may not be so sure.

Discovering our true voices and expressing with them doesn't mean we have conquered fear or ego. Writers struggle, just like everyone else does.

The following tips for inspired writers are arranged in reverse order of importance.

These tips may seem obvious, or just like common sense. They are. Writers still need to be reminded of basic principles beyond productivity. Working with these principles and seeing them in sequence like this sparks the creative process once again. The goal, right?



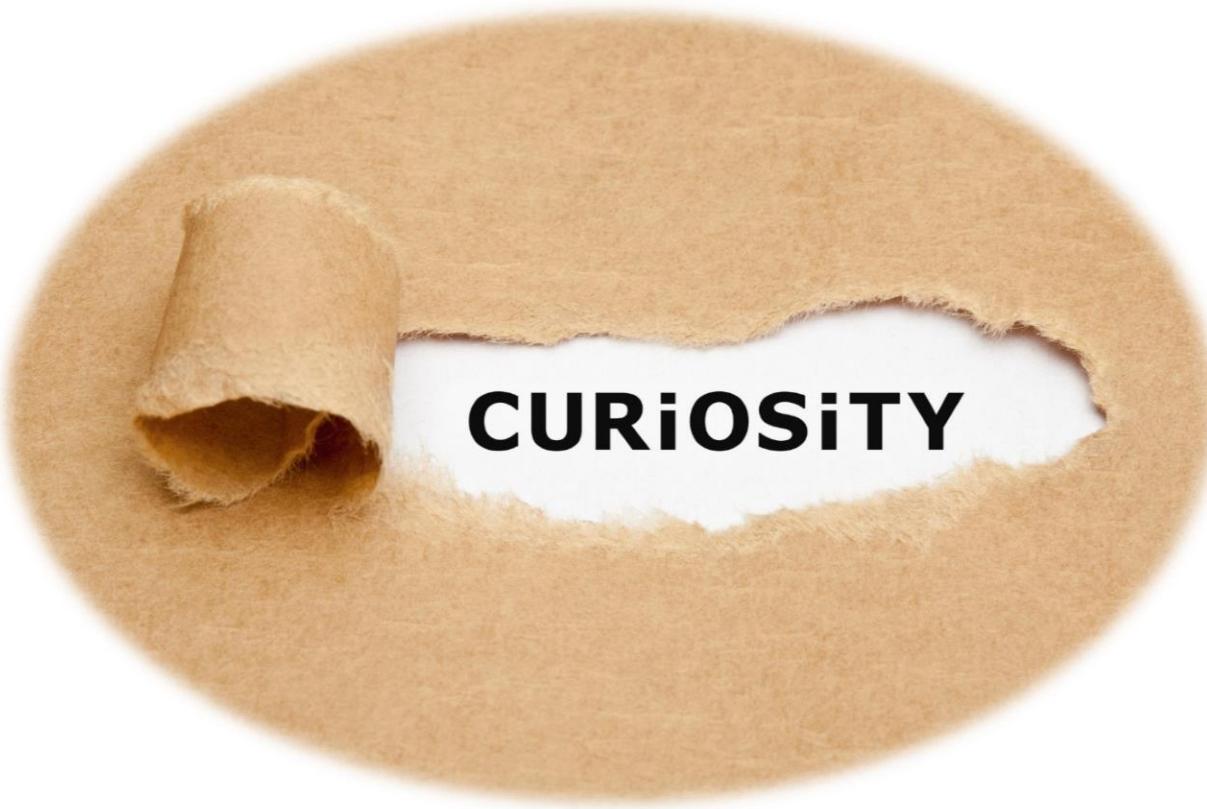
## 10. Nourish your curiosity

What's the common denominator in most of the breakthrough discoveries and remarkable inventions throughout history? Our first known invention, a wooden scraper or wooden chopping device from more than 2.6 million years ago, to the latest mission to Mars are all the result of curiosity.

The impulse to seek new information and experiences and explore novel possibilities is a basic human attribute. It's the mental and creative juice that keeps us engaged in life and continuing to learn and innovate.

When our curiosity is starving, our lives feel like they are monotonous, boring and futile. Stir in the spice of curiosity and it suddenly turns technicolor.

What are you curious about?



## 9. Fuel your love of learning

When our curiosity is nourished, it fuels our love of learning.

We want to research and explore and discover.

We become passionate about a topic.

We want to consume information and experiment with what we've learned.

Writers and authors are amazing folk. We can use the results of our experience as the launchpad for our creativity.



## 8. Acknowledge your own accomplishments

So often we focus on what we haven't done, empowering a never-ending to-do list to help us feel futile and less than.

How about every day before bed you write a Ta-Da! List to acknowledge what you did today?

Sometimes the Ta-Da is being rather than doing like sleeping in, taking a long hot bath or shower or taking time for self-care.



## 7. Offer your gifts

Who can benefit from what you write? How can you share your gifts with them?

Even if you have never been published, there are newsletters, websites and community newspapers that are open to your work. For those starting out, begin with commenting on blogs or writing letters to the editor. For experienced writers, consider offering a column or occasional article.

Give your gifts freely and discover the multitude of benefits and opportunities it brings you.

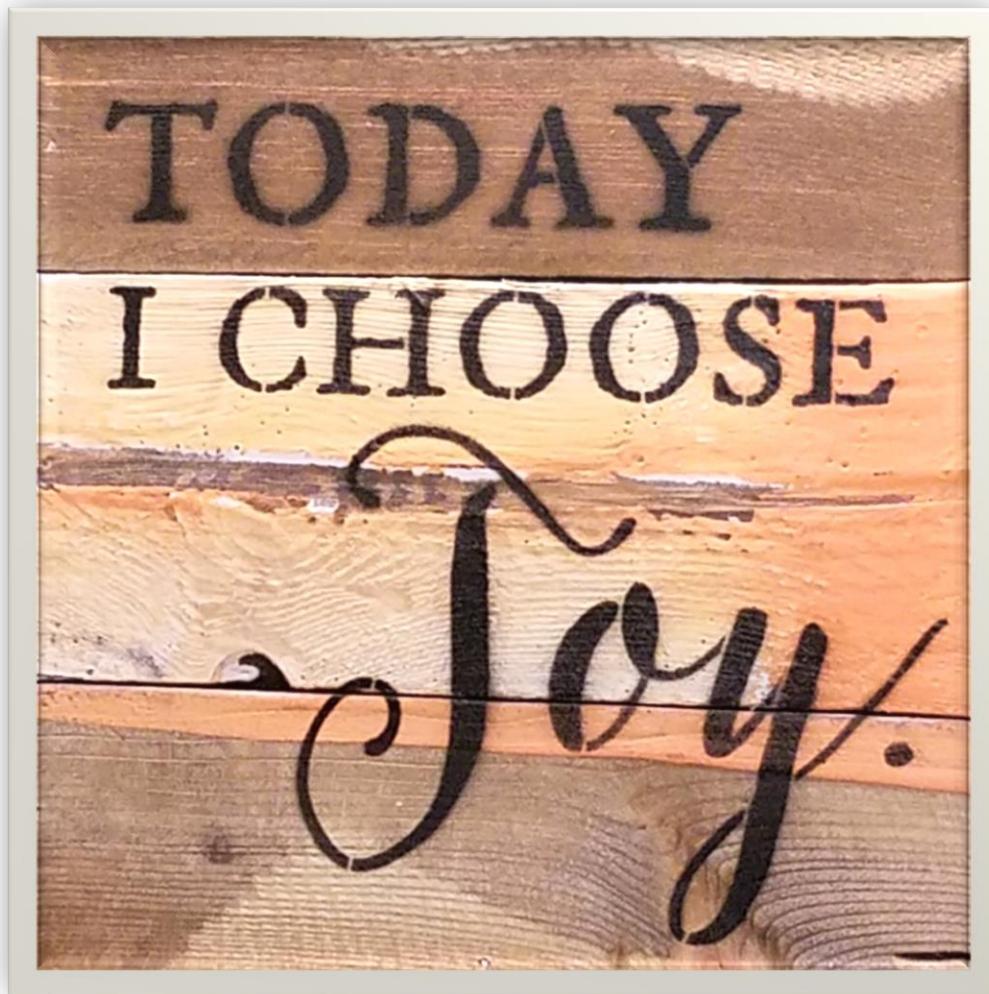


## 6. Write about what brings you joy

The difference between deadly boring factual information and an engaging, uplifting story is the joy factor.

Find the joy in any topic you are writing about.

Make it a game to find the joy when your topic is something that doesn't really interest you. Your readers will feel it and connect with you.



## 5. Give yourself credit for your successes

We often crave credit, gratitude and appreciation from others to feel like we've succeeded. This can lead to disappointment and resentment when our expectations of appreciation are not met.

How about being the first one to congratulate yourself on your awesome accomplishment? Give yourself kudos, a pat on the back, a Woo hoo! And maybe even celebrate with a small reward when you have a win.

When we take away the possibility of an emotional rollercoaster derailing us from our forward momentum, we get to keep that positive energy to charge us up.



## 4. Remember you have a body

When we spend hours upon hours in our creative space, especially hunched over a computer, we sometimes forget we have bodies. When we are done with our flow, we are surprised that our backs are sore and our wrists tender and our necks have a lot to say, none of it good!

Experiment with taking a five- or ten-minute body break every hour. It's easy enough to set a timer on the phone. Stand up, stretch, take a short walk, maybe even go outside. Take a yoga moment, do a bit of Chi Gong or just relax and sit or lie quietly for a moment. Say hello to your body and see what it needs or has to say.

If it seems like this is a flow interrupter, consider this. Research shows that breaks increase productivity and creativity. Working for long stretches without breaks leads to stress and exhaustion. Taking breaks refreshes the mind, replenishes your mental resources, and helps you become more creative. If a timer doesn't work for you, experiment with what does. Your body will thank you.



### 3. Have fun! It will sustain you as much as work

We all define fun differently. Our individual *fun-print*, like the thumbprint, is unique. It is the map to our best life, an instruction manual for our essential purpose, written in the language of joy. One person's idea of fun is another's idea of yuck. Our ideas of fun evolve over time.

Research shows we are most productive, persistent, creative, and flexible when we're engaged in our personal blend of activities that brings us maximum fun. Have you updated your fun-print lately?



## 2. Know yourself better every day

Wise people for millennia have passed along one of the main secrets of life: Know thyself. Developing self-knowledge is probably the most essential thing we can do for happiness.

Self-knowledge is not only about what we notice about ourselves but also how we notice and monitor our inner world. It is our quiet heart center core from which we radiate into the world.

How do you get to know yourself better every day? Meditation? Taking walks? Journaling? Consulting a mentor? Contemplation?

You are the most interesting person you know and the greatest love of your life.

Enjoy spending quality quiet time getting to know yourself better every day.



# 1. Express yourself and allow your true voice to emerge

It will evolve over time and the more you let it be heard,  
the better you will be able to listen to it.

A wonderful, often unspoken benefit of writing is what we learn about ourselves when we write. It gives our inner voice a chance to come out. Sometimes we surprise ourselves with what we want to say or discuss. Let these surprises happen. Follow the ones that truly speak to you. You might decide later to edit it out or use it for something else. It might just be a perspective to think on.

Don't let task orientation take away your creativity. It doesn't matter if the article is on quarks and you want to talk about your pet. Give yourself permission. Let flow happen. Then edit later. Don't leave out this step! It will become clear what goes with what, and where and how to use it, even if for your personal reflection. What you have to say is valuable and important.

Too many tangents? Set yourself a limit. Allow three or whatever number you choose and let yourself go. If lots more than three come up, make note of them in a way that you can come back to later. Often the best ideas for something else come in the middle of another task. Or in the shower. Or while driving. Don't diss yourself; support your own creative brilliance. We'll all be glad you did!



However you use these tips, remember to enjoy yourself and have fun.

Be kind to yourself.

Writing is extremely vulnerable work and you're doing it. Congratulations!

Be supportive of yourself and your own process.

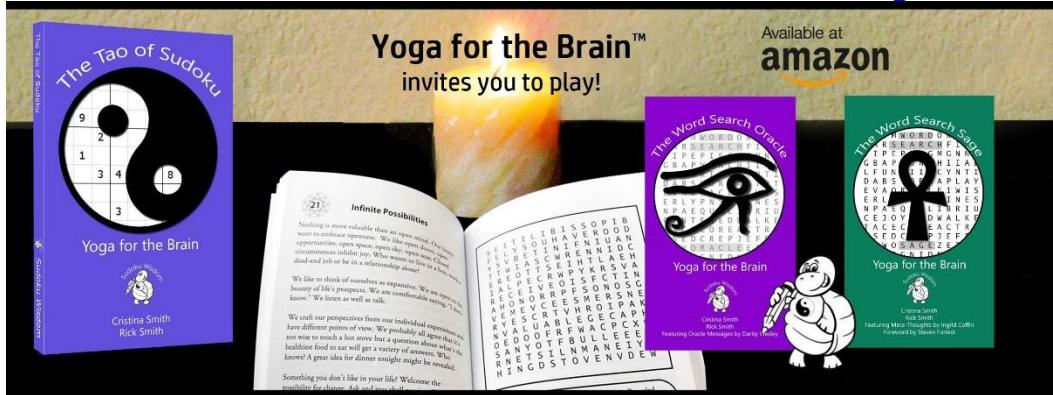
Be critical of your own work, but still kind and only in the process of working to improve it.

We are all so glad you are here and having the courage and fortitude to do what you do.

Thank you for your amazing efforts.



Be sure to check out the Yoga for the Brain series on Amazon for fun, inspiration and brain boosting puzzles.



And just released-

Thanks for reading!

Edited by Melissa Morgan

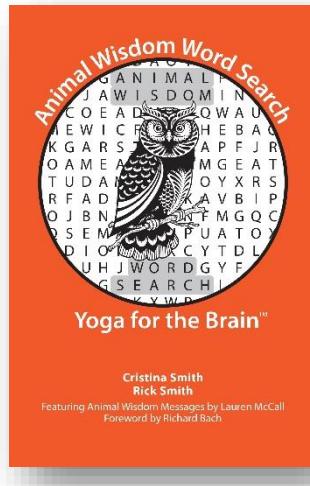


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