

Bust Your Barriers

WORKBOOK



Writing Course

**KICK-START
2021 THE
'WRITE' WAY!**

With Editorial Coach
JOANNE GRANT



January 27th 2021
8pm-9:30pm GMT
3pm-4:30pm EST

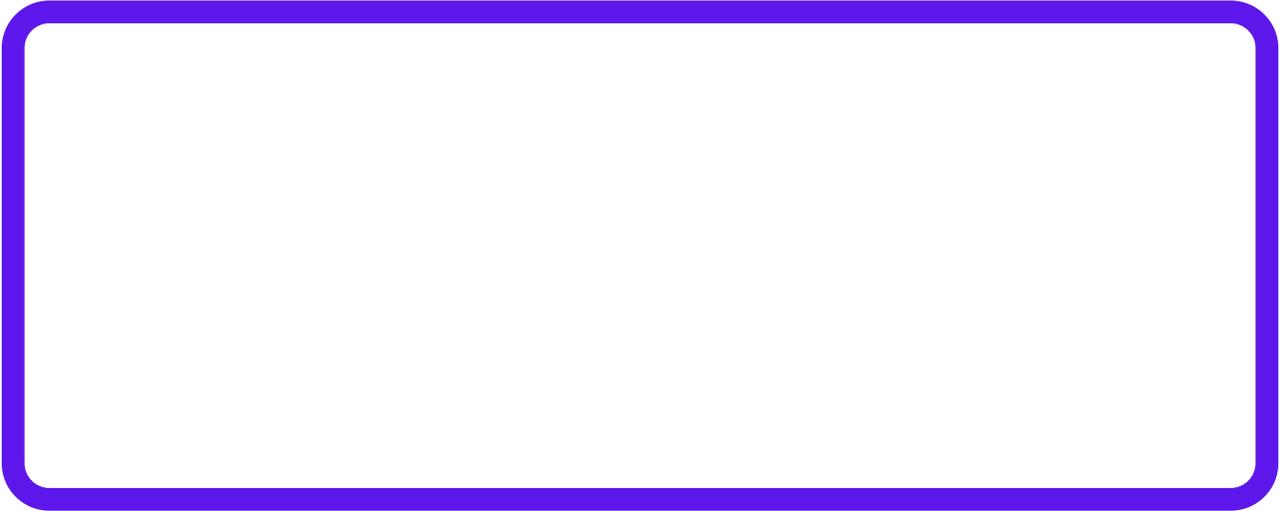
JOANNE GRANT



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GETTING STARTED!

1/ What are your expectations for this session? And how are you feeling about the year ahead right now - is it different to when you started part 1?



2/ How did your 2021 goal-planning go? Is there anything you still need to do?



Let's check in on your progress from part 1 **Reflect & Reset**

- Write out your power words for the year and display somewhere you will see them every day for inspiration!
- Firm up the wording for your Ultimate Goal
- Firm up the wording for your 2021 Goal
- Continue to work on the details of your Master Plan using the goal-setting sheet to make goals SMART and identify steps
- Break down your steps into manageable weekly tasks - focus on Quarter 1
- Capture the tasks on a calendar, diary, spreadsheet, your Monday Motivation worksheet - whatever works for YOU!
- Share your goals and plans with a trusted friend!
- Note down any barriers to achieving your 2021 goals
If you like, share with me in confidence in advance of our next session

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TIME MANAGEMENT

3/ Are you happy with the amount of time you spend writing?
Do you feel you are time poor - trying to squeeze everything in!

or

Do you feel you should have plenty time but somehow it slips away?

Let's dicuss some tips!



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TIME MANAGEMENT EXERCISE

4/ Keep a time log for at least 3 days, ideally a week, noting down what you do every hour of the day. This will reveal how you're actually spending your time.

- Can you see areas you could do less of to make time for your writing?
- What tasks are taking longer than you expected?
- What tasks were planned for, what was unexpected?
- Spot the 'dead' time e.g. scrolling, social media

This will give you a realistic picture of your time!



Time Management Worksheet

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							

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TIME MANAGEMENT

Ground yourself back with your GOALS and your WHY!



Even if you only have fifteen minutes a day in a stairwell alone with your creativity, take it. Go hide in that stairwell and make out with your art. [...] Sneak off and have an affair with your most creative self.”

BIG MAGIC, ELIZABETH
GILBERT

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PROCRASTINATION

5/ What is your classic go to when you're procrastinating about your writing?



6/ Why do you think you're procrastinating? Putting off what you love to do?



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PROCRASTINATION

“

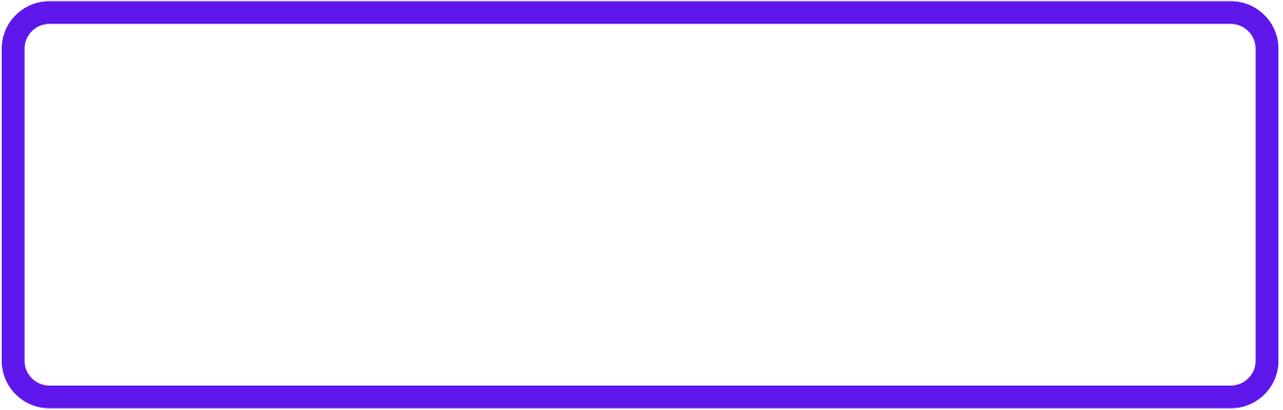
If it's your job to eat a frog,
it's best to do it first thing in the
morning. And If it's your job to eat two
frogs, it's best to eat the biggest one first.

MARK TWAIN

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PERFECTIONISM

7/ How does it manifest itself in your writing?



8/ Do you know where it stems from?



9/ If you were to relax your standards a touch - what's the worst that could happen?



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PERFECTIONISM

EXERCISE

10/ Try relaxing your standards a little.

Examples:

- One less proofread before sending work on
- Finish a chapter before re-working
- Doing that thing on social media even though it's not 'perfect'

Once it's DONE:

Look for the evidence - has the worst happened?



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COMPARISON

11/ What types of things/people do you find yourself comparing yourself to?



12/ How does it make you feel and what impact does it have on you?



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COMPARISON

“

Comparison is the act of violence
against the self.

IYANLA VANZANT,
INSPIRATIONAL SPEAKER

“

No one can make you feel inferior
without
your consent.

ELEANOR ROOSEVELT

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COMPARISON

EXERCISE

Reference: Lucy Sheridan, The Comparison Coach

13/ Dig into what is really at the root of your reactions to others, and focus in on *yourself* to take action!

What is the event/post that triggered you?	What about it specifically impacted you? (The root cause)	Is it something you genuinely want?	What is YOUR plan of action?



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COMPARISON

EXERCISE

14/ Digital declutter

You can mute/unfollow people/organisations!

Questions to help the declutter:

- How often do the posts cause a wound?
- Do you gain useful information and/or are entertained by the posts?
- Would you want to speak with this person in real life e.g. at a party?
- Choose your own role model - who inspires you? And follow them instead!



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IMPOSTOR SYNDROME

15/ How does Impostor Syndrome show up for you?



16/ Thoughts & Tips



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IMPOSTOR SYNDROME 17/ EXERCISE

BELIEF

EVIDENCE

ACTION

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INNER CRITIC

“

Many women find that their inner critic speaks up most loudly around their most deeply felt dreams for their lives and work, because we feel particularly vulnerable about them.

PLAYING BIG, TARA MOHR

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INNER CRITIC

18/ EXERCISE

Step 1: Recognise it is your inner critic speaking

Step 2: Disassociate yourself from it - switch from thinking 'I' to 'you' or the name of your inner critic

Step 3: Check your IC's motive - what are they trying to protect you from?

Step 4: Acknowledge or thank your IC for their concern/opinion e.g. Thank you, but I don't need you'

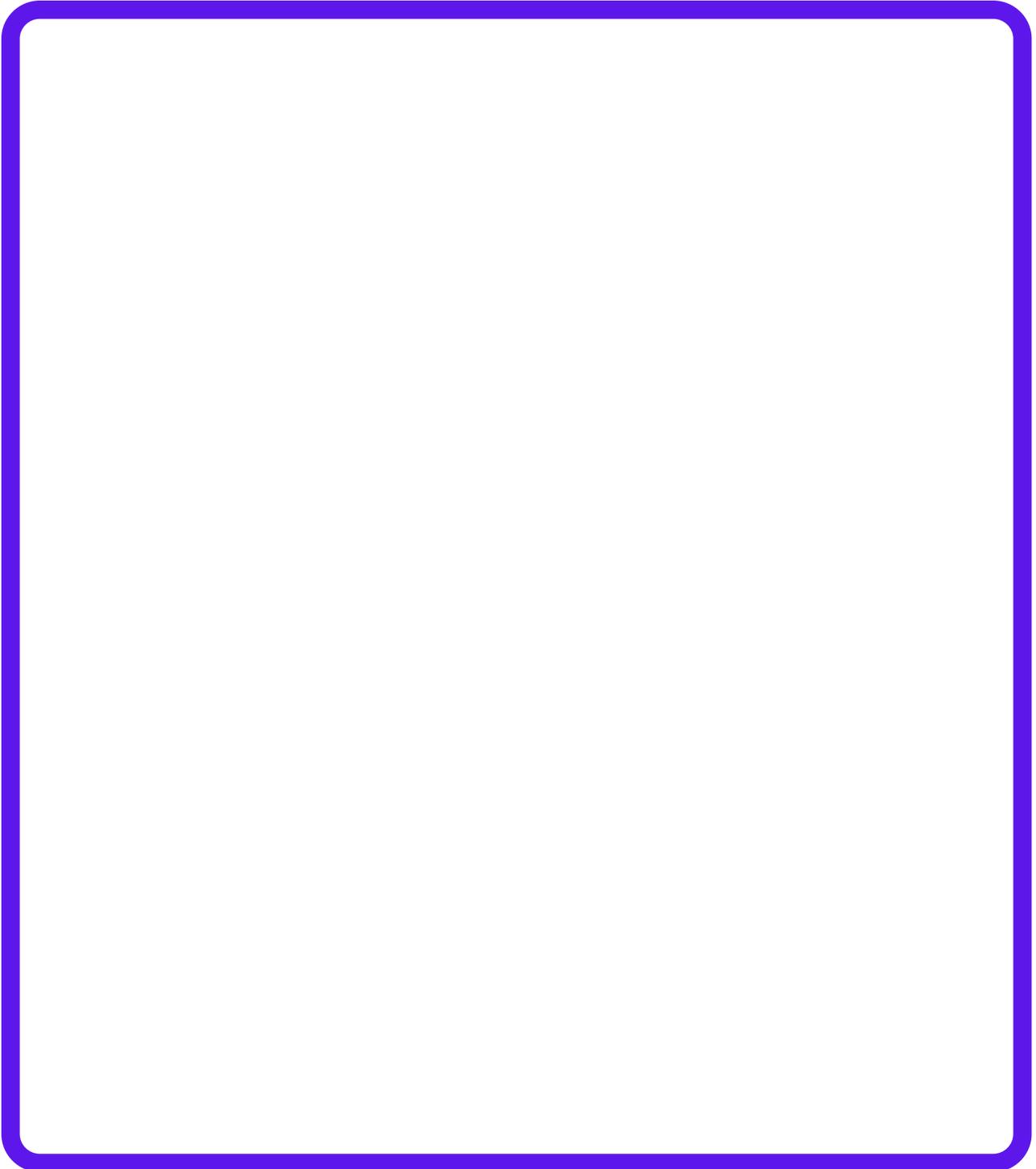
Step 5: Replace this voice with your own calm and rational voice - try facts and positive statements vs opinions



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19/ What is underlying all of these barriers...

FEAR!



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20/ How are you feeling now about the year to come? What is your biggest takeaway from this session?

