

## Author Habits

1

### SET A BEDTIME

Forget the morning alarm, get to bed on time and leave technology outside the bedroom.

2

### RISE & SCRIBE

By far the majority of successful authors make a habit of writing early in the morning.

3

### 1K A DAY

Commit to at least 1,000 words a day. It may seem like a lot at first but over time, the words will flow.

4

### BEGIN WITH THE BLURB

Your blurb is your roadmap. It may change along the way, but get it down on paper before all else.

5

### FINE TUNE YOUR FOCUS

Good writing demands focus. Cut social & online distractions. Turn off your WiFi if you have to.

6

### TIMING IS EVERYTHING

Use a timer and write for three bursts of 20 mins. You'll be amazed at how much you accomplish.

7

### EXERCISE

Clear your mind and move your body often. Many successful authors run, swim, and meditate.

8

### HAVE A (GENERAL) ROADMAP

Don't worry about fine tuning your story now. Get it down on paper and save the editing for later.

9

### #WRITERSWRITE

It sounds obvious but this separates the dreamers from the doers. Stick to it and don't give up.

10

### EMBRACE WRITERS BLOCK

However... not every day is going to be easy. If you're truly stuck, take a break and come back tomorrow.