**Tips for getting going**

* Turn off email
* Shut door
* Schedule time
* Pick a section (easiest)
* Free writing
* Do not start with an empty page;
* Avoid self-correction (place)
* Voice recognition – talk/explain to my computer; can see it /organize, avoids getting caught up in the details, and helps with flow
* Explain idea to someone or lab meeting; write a letter [“Dear Mom”]; has out with other authors;
* Tape conversation, get someone to ask you to explain your project
* Build in rewards
* Start with the presentation for the meeting and put data into format

**Getting stuck-writers block**

* Take a break to clear mind
* Self-bargaining, extended will [if I write now, or give money to my enemies]
* Avoid self-recrimination, self-blame
* Go to another section of the paper [write author affiliations]
* Humor/creativity: Top 10 rejected titles for the paper; comic strip version of paper; performance [dance/song/monologue]
* Rewards and self-care
* Write 45 minutes break 15 minutes; stretch/move
* Read aloud to myself
* Change setting
* macfreedom.com – shut off internet access from 15 minutes to 8 hours, you have to reboot
* Hire a coach
* Deadline accountable to others
* Writing log; look back over time and celebrate successes
* Multi-tasking
* Set up routine – 2 hours every day
* Write bureaucratic things when I will be interrupted; Close door and block time to not be interrupted; avoid multi-tasking to avoid lost momentum
* Professional writers have schedules; place in outlook calendar
* Writing team – peer feedback