Why do you write?

* Share your ideas
* Clarify your thoughts
* Leave a legacy
* Qualify for promotion

Why don’t you write?

* Time constraints
* Imposter syndrome
* Writer’s block
* Nothing to share
* Not a good writer

What can you write?

* Article
* Editorial
* Case report
* Curricula
* Reviews
* Case studies
* Chapters

$100 April 7

$110 April 8

$100 today

$110 tomorrow

Extended will:

* Ulysses strapped to the mast of the ship
* Victor Hugo had his valet hide his clothes
* Isabel Allende starts a novel every January 8
* Annie Lamott keeps an empty picture frame on her desk

External tools to help the part of ourselves that want to work. Better bargaining

Procrastination is driven, in part, by the gap between effort (which is required now) and reward (which you reap only in the future, if ever). So narrowing that gap, by whatever means necessary, helps. Since open-ended tasks with distant deadlines are much easier to postpone than focused, short-term projects, dividing projects into smaller, more defined sections helps.

Temporary:

* Take an exercise break
* Work on bibliography, formatting
* Laugh at the process
* Draw a comic strip version, cut into pieces and tape on the wall
* Write why you’re stuck
* Dress up

Getting started:

* Cover the blank screen
* End mid-thought
* Free write
* Set a realistic goal
* How many pages?
* I argue that…
* Write a letter to your mother

Too many distractions:

* Make writing the first thing you do
* Write for 45 minutes, rest for 15
* Break the task down into component parts
* Internet freedom

Too much data:

* Tell a story
* Organizational scheme:
  + ABDCE
  + Chronological
  + Case studies
  + Types
  + Previous theories, why wrong, new way of thinking
* Reduce variables
* Look for the paradox

Lost interest:

* Go to proposal
* Look at early article that excited you
* Give a guest lecture on the topic
* E-mail some of the authors you build on
* Present at a conference

Lack confidence

* Join a writing group
* Look at finished products
* Play the “So what?” game
* Start at part that’s easiest
* Keep a writing log—note the successes
* Write a letter in response to criticisms

Maintaining momentum

* Write everyday, finish midsentence
* Keep a notebook
* Write at time when most productive
* Zotero, RefWorks
* Celebrate successes
* Don’t take criticism too personally