

THIS IS WHAT HAPPENS WHEN YOU

Say Good-Bye To Writer's Block

When a writer says "I have writer's block" they are actually just stuck. And being stuck stinks, doesn't it? I want to help you get unstuck. So you'll know how to go about finding inspiration for your writing.

An unhealthy dose of "being stuck" + lack of good planning + procrastination = Writer's Block

First Off... Why Are You Stuck?

Take a good look at your situation. What is it that is causing you to be stuck?

1. Are you scared?

Are there any reasons why you might be afraid or scared of writing this?

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

2. Are the words just not coming?

Why are your words not coming?

Did you plan this project out well enough?

Or are you feeling like you want to procrastinate from this project?

Do you think you'd benefit from changing your writing angle?

A Note On Inspiration:

Sometimes when you've been working on a project for awhile the inspiration that you felt at the beginning slowly disappears. It's then that you'll need to pull on the work boots. That is when the going gets tough sometimes. And it's also when many writer's give up.

3. Are you trying to make it too perfect?

There comes a point in every writer's life where we have to ship what we've written.

Why haven't you shipped your project yet?

If you are worried, what are you worried about?

Are You Ready To Get Unstuck

Here are some things that'll help you get unstuck so you'll be able to create some awesome content.

1. Do You Know Your Project Well Enough?

2. How well do I know about the things I'm trying to write about?

3. Get Offline

Sometimes all you have to do to unstick your brain is to get off the computer. And it doesn't have to be for long.

"Between 90 and 120 minutes, the body begins to crave a period of rest or recovery. Signals include a desire to yawn and stretch, hunger pangs, increased tension, difficulty concentrating, an inclination to procrastinate or fantasize, and a higher incidence of mistakes." - Jim Loehr and Tony Schwartz

Set your alarm for every 90 or so minutes so that it'll remind you to get up and move.

Want to get energy away from the computer? But don't know how? Here are some ideas:

- ☐ Write by hand with pen and paper.
- ☐ Take a water break.
- ☐ Implement essential oils into your day. Lemon is great for re-energizing yourself and lavender is awesome for relaxation.
- ☐ Eat something healthy. Something like fruit.
- ☐ Take a short nap if you can. Even a 20-minute nap would help.
- ☐ Go out to eat lunch at a new place. Change up your surroundings.
- ☐ Keep a blanket in your car and go to the park by near your workplace. Set it out and have a picnic. Or read a book. Maybe even look at the clouds. Rest.
- ☐ Start a walking group at work to build energy and to encourage movement.

Write Something Else

If you are finding it really difficult to work on what you are writing switch it up and spend a little time writing something else.

1. What are some things that I could write for my social media management? (Example: campaign messaging, custom memes, and social messages to share new blog posts.)

2. What are some ways that I could write different content for emails when I am stuck on a project? (Example: List of helpful videos that you've recently seen, a story of something funny that happened to you this week, or maybe even a special FREE gift just because.)

3. What kind of content upgrades could I write when I am stuck on other projects? (Example: a short ebook on how to do something, a small tutorial, or you could even write a script and shoot a video or a small video course to try out something new.)

Brainstorming

"With handwriting, the very act of putting it down forces you to focus on what's important... Maybe it helps you think better." - Paul Bloom, Yale psychologist

Finding Your Topic

Fill in the blanks:

I want to solve the problem of _____ so that my readers will be able to _____.

Example:

If I wanted to write this post "8 Social Media Best Practices That Will Save You 25.5 Hours In A 2-Week Sprint" what would the problem be? The problem I want to solve= "Readers who are spending too much time on social media when they'd really like to be working on the things that are truly important to them."

The next step I'd take would be to list out the steps that would help them "save time on social media".

What are the steps that you'd help them take to solve that problem?

Get Creative Writing Prompts By Making A List

You can do this two different ways.

1. You could brainstorm a list of things that are related somehow and put those into a blog post or you could use this brainstorming activity to help you create some creative writing prompts.
2. If you are trying to come up with the content for one article make sure that it all fits into a certain topic. So focus your ideas, themes, tips, or steps so that they fit into that idea.

Steps to brainstorming with a list:

1. Print off this download.
2. Get your favorite pen.
3. Set the timer for 5 minutes.
4. List out all the things you'd like to write about:

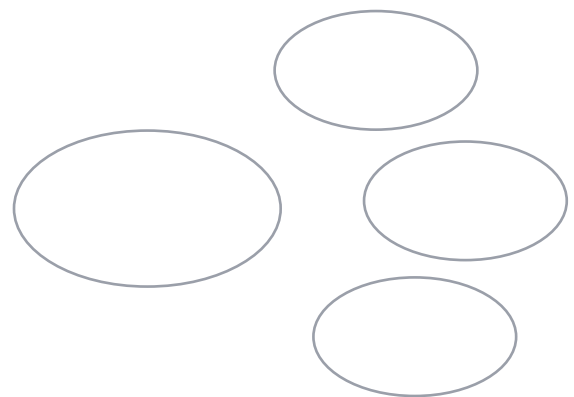
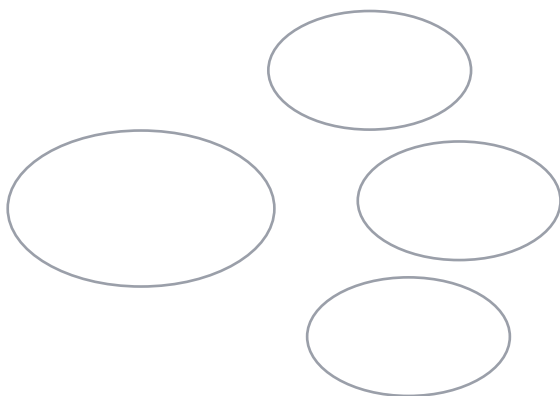
5. Once you are done with the brainstorm. Pick an idea and flesh it out.

MY IDEA: _____

Mindstorming With Mind Mapping

1. Set a timer for 5 minutes.
2. Write down the problem point in the center of the page. Draw a bubble around it.
3. Now, think about what things will solve that problem. Write those down and connect the ideas with lines.

For each of the points that help you solve the problem, try to come up with 3-5 bubbled points that will action-ably walk your readers through solving the problem that you want to help them with.



1 Sheet Brain Dump

Take all your thoughts on a certain topic and write them down on 1 sheet of paper. You can also do this to come up with tons of great writing prompts. For this kind of brainstorming you don't need an outline.

1. Set a timer for 5 minutes.
2. Write down all your ideas on one sheet. There is no format to this type of brainstorming. What is important is that you get all your ideas out on paper. It is a massive brain dump.

Speak Out All Your Ideas

This is a form of brainstorming that I use to come up with fresh and exciting writing prompts. It will also help you flesh out your ideas quicker. Ever thought of brainstorming out loud? If not, follow these steps:

1. Get your tape recorder or your smart phone recorder.
2. Record yourself talking about your post ideas and what you'd like to do to help your audience figure out the answers to their problems.
3. When you are done recording yourself, listen to the recording.
4. Type everything out. You'll probably find out that you'll want to press pause a lot since other ideas will come back to you.

You'll be amazed by how much more you'll write.

Pro Tip: You can also do this again once you've written your outline. Read it out loud while recording it. You'll get more ideas on where to fill in the blanks. And your writing will run much smoother.

Writing prompts also help writers get unstuck. To help you with that I've collected 100 writing prompts that will definitely help you get tons of ideas.

100 Writing Prompts

1. What is your core content?
2. What are your competitors writing about? Take a look at 3 of yours and smoosh them together and create something amazing-er.
3. What are some things people in your field want to know?
4. A list of ways that your product will help you with _____.
5. What are positive conversations about things in your field that are being held?
6. What are negative conversations that are being held in your field?
7. What trends are big in your niche or field right now?
8. What are your customer's pain points and how can your product help them?
9. Take a look at your top content in your analytics and write more like those or even revamp your old posts.
10. We've been doing this wrong...
11. Wish I'd known _____ Before _____.
12. Is there a change I could make in the next 24 hours...

13. What _____ means for _____ (company or industry).
14. The best things I learned at _____.
15. _____ I Learned The Tough Way.
16. Look through all the comments on your blog and answer comments in blog post form.
17. At end of year, list your posts by category and publish that as a post.
18. What happened on this day _____ (Pick a number) years ago.
19. Look for keywords and let them be your guide.
20. Search out your brand persona on social media and find out what questions they are asking. Use them as blog prompts.
21. Search on Twitter search and on Google Trends.
22. 100 _____ that will _____ you be more awesome at what you do.
23. What plugins and apps help you do your job better.
24. Why customers are going elsewhere (Put a spin on it to make it positive.)
25. Social media tips for your industry
26. Ask _____ (pick a number) people the same question and compile it into a collaborative blog post.
27. Why this (pick a speech video) speech teaches you all you need to know about _____.
28. If you could interview a person in your niche, who would it be?
29. How'd you get started in your career and how'd you get to where you are today?
30. _____ (pick a number) _____ (Type of videos) Videos That Will Help You _____.
31. What didn't work for me?
32. What questions do you get? Compile it into your FAQ.
33. Take an unrelated topic and somehow tie it into your niche.
34. What makes my company different?
35. Profile readers or customers.
36. The ultimate guide to _____.
37. What is the best part of what you do every day?
38. Q&A Interview With Your Team

39. Write your own manifesto.
40. Do _____ (number) Things By _____ (age).
41. Write a parody post.
42. Read forums to find writing prompt ideas.
43. What adventures do you experience in your career?
44. What are your top distractions and how do you deal with them?
45. What _____ (Name of someone or something) Never Told You The Truth About _____.
46. Why I'm going to quit _____.
47. What are your goals for the next 5 years?
48. _____ (number) Real People Share Their Biggest _____ (topic) Problems
49. _____ (number) Ways To Track _____ (topic) Your _____ Without Going Crazy
50. _____ (number) Blog Posts To Read When You're _____.
51. This Trick Helped Me _____.
52. What You Need To Know If You're _____.
53. How I Went From _____ To _____.
54. _____ (number) Empowering Ways To Track _____ Without _____.
55. The Truth About _____.
56. _____ (number) Crucial Things To Do If _____.
57. _____ (number) _____ That Will _____.
58. _____ (number) _____ Share The Top Tips They Give To _____.
59. What Is _____, Anyway?
60. Here's What Makes The Real Difference Between _____ and _____.
61. Is Giving Up _____ A Good Way To _____.
62. Write a truth vs lie post.
63. Here's Everything You Need To Know About _____.
64. Why _____ Doesn't Want You To _____.
65. Is This The Reason You Can't _____.

66. The Exact Formula For _____.
67. _____ (number) Ways _____ Can Help You _____.
68. Why _____ Should Just Relax About _____.
69. _____ (number) Ways To _____ Without _____.
70. What's your motto for your company or blog?
71. What's a current frustration of yours?
72. What advice has stuck with you for a long time? and who gave you that advice?
73. What's a day in the life _____ (you) look like?
74. Who is the one person that you definitely couldn't live without?
75. What books would you recommend your followers reading?
76. What would you tell someone who wants to go into your career?
77. What Is The Toughest part Of Being A _____ (your job title)
78. What The Worse Customers Can Teach You About...
79. _____ (number) _____ (topic) Hacks To Add To Your Bag Of Tricks
80. Real-Life Solutions For _____.
81. Low-Cost Tools To Help With _____.
82. Conquer Your Fear Of _____ With _____.
83. _____ (number) Pinterest _____ Ideas To Give A Try
84. Must-Have _____ Tips To Have For _____
85. _____ (year) _____ Trends
86. _____ (number) DIY _____ Ideas
87. _____ (number) _____ Budget Busters
88. Easy _____ Tips For Your _____.
89. Easy-To-Make _____ That Will _____.
90. Must-Have-Tools For A _____.
91. _____ On A Budget: Tips To _____.
92. How To Make Your Products Look Appealing?

93. 1-Hour Tips For _____ That Will _____.
94. _____ (Topic): Easy Ways To _____.
95. Spruce Up Your _____ With These Awesome _____ Tips.
96. _____ (number) Things _____ (certain people title) Do.
97. _____ (number) Rules That Are Stupid.
98. _____ (number) Warning Signs That _____.
99. The Heartbreaking Reality Of _____.
100. _____ (number) Things That _____ (certain people title) Think About _____.

Now Create Your Own Writing Prompt Library

We've included in this bundle as awesome tool called "Writing Prompt Library" that you aren't going to want to miss out on. Use it to keep track of all your writing ideas.

How To Use The Writing Prompt Library

1. List your prompts in the spreadsheet.
2. What blog categories will this post fit in?
3. Do you have a keyword for it?
4. When is the publish date?
5. If there is something else you want to track in this writing prompt library add to the columns at the top and track away.

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