



Get Unstuck

Being stuck doesn't necessarily mean your story isn't working. Before you force yourself to write, figure out what stopped you.

WHAT STOPPED YOU?

Where did I stop?

What was the last part of the manuscript where the writing felt clear or interesting?

What happened after that?

What made it difficult to continue?

Which of these feels familiar?

- I don't know what happens next.
- I got busy and lost my writing routine.
- I started doubting the story.
- I'm trying to make everything perfect.
- I'm avoiding a difficult part of the story.
- I lost interest in the direction I was taking.
- I keep editing instead of moving forward.
- Something else: _____

What do I think I need in order to move forward?

The next thing I need to say is...

Set a timer for 20 minutes.

Open your manuscript. Read only enough to remember where you were. Start with the sentence above and keep writing.

- Don't edit.
- Don't go backward.
- Don't worry about making it good.
- Follow the thought wherever it takes you.

What became clearer once I started writing again?

You don't have to solve the whole manuscript today. You just have to get moving again.