

5 MINDSETS EVERY WRITER CAN USE TO FINISH THAT BOOK OR SCRIPT ONCE AND FOR ALL

"Empowerment for Artists, Creators, and Starseeds"

Mini E-book by
Books & Bangers

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Many people struggle to write, myself included. So know you are not alone if you are working on completing your book or script. Writing is often a solo sport, and it IS challenging to finish and stay inspired - so there is nothing wrong with you and your struggle is not unique. There's a lot of us out here!

Finishing your work is one of the best feelings we as writers will ever experience (besides seeing our piece in production!). The best way to describe the feeling of finishing is as "delicious." Something that is uniquely yours from mind to reality.

It is satisfying to know that all your hard work paid off personally, especially when having the guts, drive, motivation, or creativity required to finish a script or book is something not many people have or can achieve.

So how can we stop ourselves from joining the population of people who start but never finish? We all have that one friend who's been working on a written piece for twenty years.

I've finished four books, a dozen articles, and even more songs. While I'm not a literary genius, I've identified mindsets that have helped me get this far and decided to share them with you. I didn't realize I had these until my counselor pointed them out. So it's also important to celebrate your wins, however small they seem.

Below are a few mindset hacks that have helped me.

In order for them to work, you have to make them a **principle** and **integrate** them into your value system and personality permanently.



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1. Make Writing A Habit (Hobbyists aren't solely focused on finishing)

This one may seem obvious. But it is obvious because it works!

If you set aside 30-60 minutes a day of dedicated writing time and build a habit, it will become a routine, instead of your mind building itself up and then potentially freezing when it comes time to write.

Phillippa Lally is a health psychology researcher at University College London. Lally examined 96 people over 12 weeks who wanted to adopt new behaviors into their life. Lally's study concluded that it takes more than two months before a new behavior becomes automatic — 66 days to be exact

This information is beneficial as a helpful marker. It's a good start to write simultaneously in the same place each day.

Many other writers and I have implemented a rule like this, and most of us will tell you it helps to get into the flow of writing so much faster since your brain associates that time and place with the act!



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2. Set Goals, And Find Proper People To Hold You Accountable

Accountability = Huge!

Setting yourself small and manageable goals is an invaluable habit to get into. Not only does it break up large and daunting tasks into bite-size chunks, but it also allows you to track your progress and keep you motivated!

Say you are writing a 50k word novel or memoir, which is average and the same length as my first book, "Views from the Cockpit." You could set yourself a goal of 10k words a week to have your first draft completed within five weeks - about 1,500 words daily. Or you could break it down even more to do 500 words a day or even 100 words a day.

For example, *Views* took me two years to write just because I didn't have a course of action or deeply understand the *process of writing*. Also, I wasn't fully sure where my first book would go or anticipate I would have written three more after that!

I'm more of a creative, ideas, practical implementation person. I just knew I had a story I wanted to tell to heal personally.

When you are brutally honest about how much you can write per day and per week, you will have a clear sense of what it will take to accomplish the project. You will also see the end date, which can be inspiring!

Accountability is great for those of us who still struggle to stick to goals. Whether it is a spouse or a close friend, you could even find a fellow writer, and you can motivate each other, whether by being supportive or even making it a competition.

Be careful who you ask for advice and accountability, though. People who are intimidated by your courage to act or not ambitious people or people who have given up their writing dreams may unintentionally discourage you energetically.

You can also join Books & Bangers VIP Writer's Empowerment & Accountability Group on Facebook [here](#) to be among like minds.



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3. Understand that Burnout and Frustration are part of the writing process. Know when to take a break. Know when to ask for help. Know it will pass.

Burnout is probably one of our greatest enemies as writers, alongside writer's block. But I'm here to tell you that they are natural.

Burnout is when you exhaust yourself, whether physically, mentally, or emotionally. It is often caused by stress and can be experienced among super passionate writers who pressure themselves.

Thinking Can Cause Forgetting: Memory Dynamics in Creative Problem Solving is a research study conducted in 2011 that discovered, "old and inappropriate ideas can cause mental fixation."

When you are immersed in a project, the story, ideas, claims, etc., become old and uninspired because you are fixated on them. This psychological dynamic is precisely what happened to me with my book *Views*. I couldn't see the light and didn't know to take a break. I didn't realize that writing a book is "actually" difficult, and doing so without a plan is almost impossible, which is why it took two years to complete.

Learning the signs, being honest when you are experiencing them, and knowing when to take a break is incredibly important. Writers, artists, and creators naturally have creativity. We can create in our sleep, but what we don't often have is the *psychological mindset*.

Forcing yourself to work while experiencing burnout will lead to sloppy writing and hatred towards your project. Hate leads to frustration. Frustration leads to quitting. And quitting is precisely what you don't need to be doing!

It is okay to take a break if you know you need it; make sure you don't let it stop you from ever writing again.

Understand the psychology and know that it will pass.

Additionally, asking for help is not a bad thing, nor does it take away from your idea's originality.



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4. Plan Out Your Days Work

Whether you plan in depth already or don't plan at all, creating a list of what you want to achieve today can help.

Planning allows you a sense of gratification when you can cross something off and give you an idea of where to go if you get stuck.

For example;

- Finish chapter/scene 4
- Plot Character X's backstory
- Decide on how the main character meets their love interest
- Research locations and settings for chapter/scene 2



5. Don't Start Editing Until You Finish Your First Draft

Another huge one! Self-editing when trying to write out or type out the actual plot points. I struggle with this--Reading lines over and changing the grammar structure without moving the story along. Huge time waster. I'm guilty.

Writers get so caught up in editing that we never reach the plot or character developments in the piece.

The idea is that you do not edit a single thing until you have completed your first draft. I have noticed lawyers do this. If you've ever seen the first draft from a lawyer, it can feel unreadable.

However, they do not let the act of writing distract them from the information they need to express. And they let the editor do their job!

Even if you change your main character's name, write a note in red stating what has changed, and continue writing with that change in place.



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This hack allows you to focus on just getting the words onto the paper!

Once your first draft is done, you can go back through and edit it. You will come across your note and know what needs changing. You can also give your editor a list of messages about your weak areas.

For example,

- Focus on pronoun inconsistency
- Possible time frame issues with flashbacks and forecasts
- Make sure chapter 3/scene 3 concludes nicely.

You pay editors to do this anyway!

These are just a handful of many tips and tricks for finishing your book or movie script. Ultimately it all depends on what works for you and how much time and dedication you are willing to put into this.

But if you work hard, stay motivated with understanding the psychology of writing, you WILL finish your work! And it just maybe what we've all been waiting for.



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