

## TLT SPECIALS | Article by Dr Roopleen

## How To Ignite Motivation And Find Your Drive To Write

If you are an aspiring writer, know what you're getting yourself into.

Books they say, don't write themselves. You have to begin, follow through and complete your manuscript. And for all of that—besides the writing skills—you need motivation.

Many writers start passionately but soon find that they've gotten out of groove—the ideas won't come and the words won't flow.

Motivation for doing anything worthwhile is hard to come by and sustaining it is even more challenging. What's more, your motivation levels do not remain the same throughout. Some days you'll be highly driven and experience bursts of inspiration. Other days you'll feel the dip. If you want to be a great writer, you need to learn to cope with phases when you're at your lowest ebb and learn to re-ignite the fire.

Here are 12 effective ways you can master motivation and get your mojo back-

### 1. Establish winning habits

If you're a serious writer, don't take your writing lightly. No matter how good you are, you cannot write all day. You need to set a writing pattern. Depending on whether you're an early bird or a night owl, figure out a time when you're at your creative best. This will help you beat distractions and keep yourself seated. Haruki Murakami rightly said, "The repetition itself becomes the important thing."

### 2. Inculcate discipline

Many writers start writing with good intentions but soon run out of steam. Good writing calls for dedication, hard work and most of all self-discipline. Ernest Hemingway emphatically advised 'one must have discipline.' He himself practiced rigorous discipline and wrote every single day while working on a book.

### 3. Take regular breaks

Write as much as you want to—within your writing time—but make sure you take regular breaks. This is important to rejuvenate yourself and come back to writing with a clear mind. Some writers take multiple, micro-breaks while others prefer 2-3 bigger breaks. Do what works for you. Don't feel guilty for taking time away. In writing, what matters is you remain productive and have your juices flowing.

### 4. Don't force yourself

Remove yourself from the writing space when you don't feel like writing; forcing yourself rarely works. If you feel drained out, the rule is: don't flog yourself. Get your mind off from writing and engage in something else for a while till you feel motivated and can get started again.

### 5. Never stop believing in yourself

Feeling de-motivated is a passing phase; don't let self-doubt creep in. No matter how many times you face the block, never stop believing in yourself. Always remember: 'Once a writer, always a writer; no one can take away the skill from you.' Develop unshakable belief in yourself; believe in the deepest core.

### 6. Create a stimulating workspace

A cluttered writing desk is not only a potential source of distraction but can also sap your energy. To keep yourself motivated, there's nothing better than a clear, organized, clutter-free minimalist desk where you can feel relaxed and enjoy the writing process.

### 7. Give yourself goals

Without goals, you cannot make any progress. So set clearly defined writing goals for yourself at the outset. Some prolific writers can finish a chapter or two a day, while others manage only a scene or so. Depending on your stamina, give yourself a daily target. Whatever you wish to accomplish, commit to your goal and start writing. Don't worry about the quality of work that comes out, just focus on your goal and do everything possible to get there.

### 8. Measure your progress

One of the easiest ways to stay inspired is by tracking your progress. Some do it by scenes and chapters, others do it by word count. Use whatever suits you. It doesn't matter if you're penning down 100 words or writing for only 20 minutes per day. What matters is that you write consistently.

### 9. Write random pieces

When you're stuck, the immediate goal is to get the flow back, what you write doesn't matter. As the saying goes—action comes before motivation. Write randomly, anything that comes to your mind—pour down your feelings, expand a thought, describe an idea or have an opinion on anything going around you.

### 10. Don't get into perfection

Many a times, writers get stuck looking for that perfect word or sentence and are unable to make any headway. When that happens, nudge yourself to string the words together, put the thoughts across and write. Just write. The inappropriate words can be changed later; the grammatical errors can be fixed in another sitting. Like Jodi Picoult explained, "You can always edit a bad page. You can't edit a blank page."

### 11. Keep fit

Work your body to work your mind. When nothing else does, exercise can do the magic. Get physical, go out for a walk, jog, run or hit the gym. Not only will it unblock your mind but also boost your energy. An important part of keeping fit is eating healthy. Many writers use chocolates or some favourite food item and pour in gallons of caffeine to keep themselves 'in the mood for writing.' The rule of thumb is—practice moderation and avoid going overboard.

### 12. Read profusely

Lisa See said: "Read a thousand books, and your words will flow like a river." Reading habit is a simple thing that has a big pay off. Books not only give you a plethora of information but also teach you a lot about different writing styles and help you differentiate between good and great writing. Reading also keeps your mind active and enriches your vocabulary. Stephen King called reading "the creative centre of a writer's life."

Motivation they say, is fickle; it comes and goes. Thus you have to fire yourself up regularly. If you're a writer and love writing, your mojo will come back. Keep the faith. Keep flexing your motivation muscle and nothing can stop you from getting your best work out to the world.

## About the Author

Dr. Roopleen is a motivational writer, life coach, blogger, super-specialist eye surgeon and author of 6 books. She is a productivity ninja and is passionate about helping people reach their full potential.

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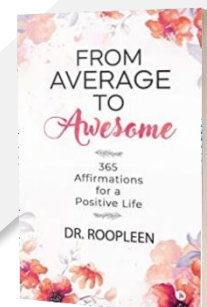
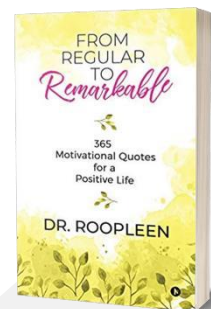
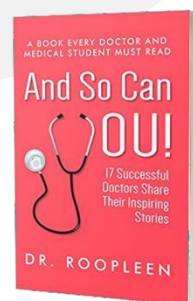
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