



# Beat Writer's Block During NaNoWriMo

Plan ahead and prepare for NaNoWriMo with these simple steps

## *The Write Space*

Make sure your workspace is free of distractions and is conducive to creativity. The space should be:

- Comfy but not too cozy that you fall asleep
- Neat and tidy before you work
- Aromatic (Light a candle or turn on the diffuser so that the area smells like a place in your novel)
- Quiet or filled with calming/non-distracting music or ambient noise

## *Do something else*

Don't let NaNoWriMo get in the way of your other responsibilities. When you need a break from writing, do small chores and other tasks to give your brain a break whilst keeping up with your non-writing life. Some things you could do are:

- A load of dishes
- Folding the laundry
- Taking the dog on a walk
- Preparing lunch or dinner

## *Get out of your head*

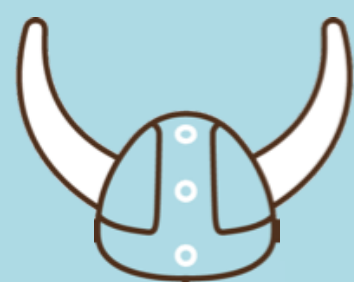
Get out of your head by getting up and moving for a bit before you write and during breaks. Here's a few activities for you to do:

- Walk
- Swim
- Yoga
- Meditate
- Garden
- Exercise
- Dance

## *Keep it Creative*

Want to take a break from writing but you don't want to stop the creativity from flowing? Cut your writing block in half so that you write 833 words before your break and the other 833 after. On your break do something else creative such as:

- Painting
- Drawing
- Cook/bake
- Video

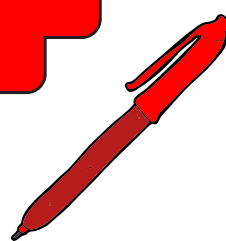




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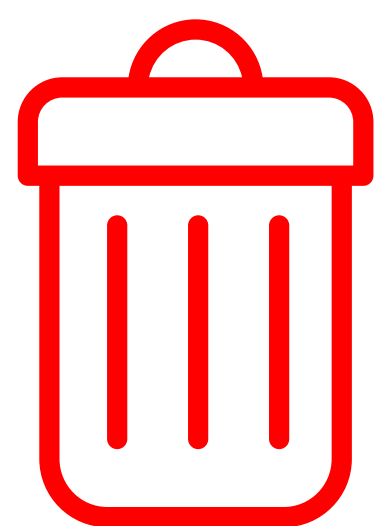
## Emergency Writer's Block Kit



Follow these simple tips so you're prepared when writer's block strikes!

### NaNo Buddies

Make sure you have a NaNoWriMo buddy to sort out plot holes and other problems with during the writing process. Sometimes having another person for a sounding board can help you plan out your attack for the problem areas.

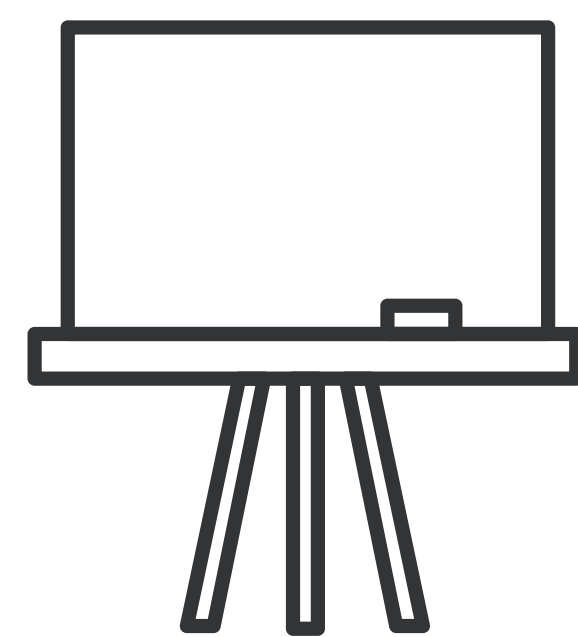


### Write Garbage

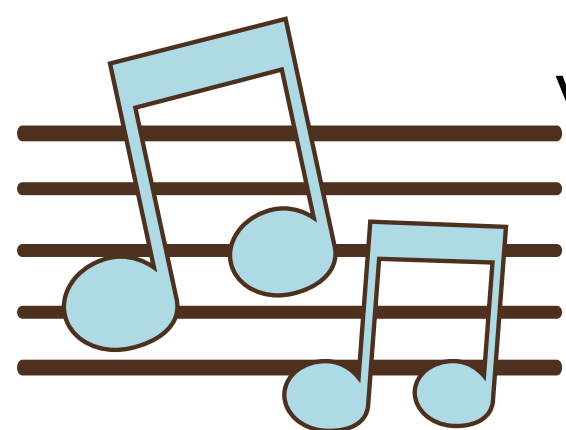
Give yourself permission to write total garbage. Remember these key rules when writing: 1) no one writes anything good in their first draft 2) you will be able to go back in later and turn the garbage into gold and 3) write first, edit later.

### Outline

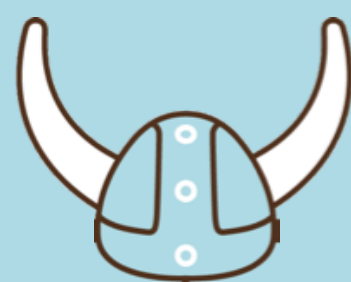
Even if you're a pantsner like Stephen King, make sure you have some kind of notes ready before you start writing for NaNoWriMo. You should know all about your characters, the setting, and big picture plot points.



### Make a Playlist



Make a playlist with music that reminds you of your novel. If your MC likes baroque like Nora Grey from Hush, Hush, then listen to Baroque. If you're writing a chase scene in the desert, listen to the Assassin's Creed Origins Soundtrack. If you're in a vast, wild forest, listen to forest tracks on Ambient Mixer.







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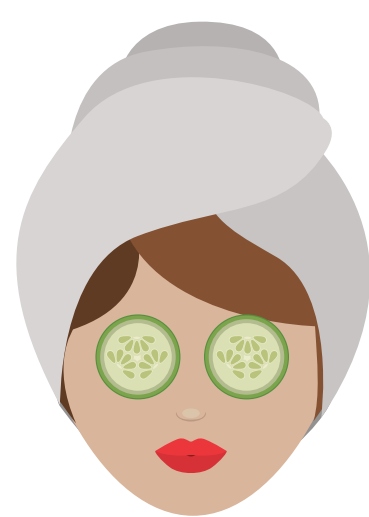
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### *Coffee Break and other rewards*



Go out for coffee at the end of each week to celebrate reaching your weekly word count goal! For this, you're going to want to plan ahead and save for the rewards. You might even want to give yourself a big reward at the end of the month, to make winning NaNoWriMo all the more enticing!

### *Practice Self-Care*



I know we see these words tossed around all the time lately, but when you're really pushing yourself creatively, the fastest way to reach burnout is by not properly looking after yourself. Make sure you get plenty of rest and exercise, and maintain a proper diet during NaNoWriMo. Set up spa days and movie nights for yourself to keep you on track.

### *Read poetry or watch romantic movies*

Sometimes all it takes is a little romanticism to remind a writer of why they love the craft so much. Rejuvenate that passion for writing by reading poetry from your favorite poets or watching cheesy rom-coms in your free time.



### *Work on different parts*



If you're stuck on one part of the story, jump to another in the meantime. Work on the different parts of the story and then tie them together in the in-between scenes. Additionally, you can write spin-off stories for you minor and major characters alike that will help flesh-out your character's backstories.

