

WRITING HABIT CHECKLIST (10 STEPS)

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Make writing inevitable, not optional.

I didn't wait for motivation to show up. I built a system I could keep on travel days, late nights, and in-between moments. Use this one-page checklist to start small, stay consistent, and finish strong.

SHRINK THE GOAL

Start with one sentence. That's the minimum; anything more is a bonus. Low bars build streaks, and streaks build books.

STACK IT TO A HABIT

Attach writing to something you already do: After coffee → open laptop → one paragraph. A simple cue makes the routine automatic.

CREATE A TRIGGER ENVIRONMENT

Same signal, faster focus: headphones, a short playlist, the same seat. Put your phone face-down and pre-open the document before you begin.

DON'T EDIT AS YOU GO

Draft forward. Leave bracket notes like [fix later] or [add dialogue] and keep moving. Discovery now, polish later.

SCHEDULE IT LIKE YOU MEAN IT

Block a daily window on your calendar and protect it like a flight. If it isn't scheduled, it won't happen.

SET A MINIMUM WORD COUNT

Pick a doable floor (150–250 words), five days a week. Small, repeatable wins create momentum and a manuscript.

FOCUS ON THE STREAK

Measure consistency, not perfection. Touch the draft on every planned day. Even one line keeps the chain alive.

FIND YOUR WHY

Write one sentence about why you're writing and keep it visible (desk, lock screen). Read it before each session to reset your intent.

ADD ACCOUNTABILITY

Ask a friend to check in or join a small circle. A simple “Did you write today?” can keep your habit on track.

MISS A DAY? BEGIN AGAIN

No guilt, no delays. Return to Step 1 tomorrow. Strong habits are built over time, not in perfect weeks.