

## **7 Ways To Write More and Keep Focused**

### 1) MAKE REALISTIC GOALS

Don't tell yourself you're going to write 50 pages in a week if you've never done that before. Instead, make small, realistic goals that you know you can stick to, such as writing 1 page a day. It's only 1 page, but it's still better than nothing.

### 2) TURN OFF THE INTERNET

Make the internet a reward instead of a distraction. When you hop in front of your computer, don't go on the internet for the first hour or tell yourself you won't go on the internet until you get X amount of pages done. Many times we lose those creative juices we had when we sat down because the internet is so distracting and addictive.

### 3) SET TIMERS

Something that often helps me is setting timers and not doing anything else but writing and working on my script until the timer goes off. I often do 1-hour sessions, but if I can go longer than I'll do 2-hour sessions, and if I only have a limited amount of time, I'll do 20-minute sessions.

### 3) APPLAUD EVERY SMALL VICTORY

Criticizing yourself for not writing or not coming up with the perfect idea doesn't do anyone any good, but applauding yourself for a small victory will only encourage you to write more.

### 4) JOIN A WRITING GROUP

Almost everybody needs accountability, and having a group of peers who work with you as you write can help immensely and create the accountability you need.

### 5) THE 5-MINUTE-A-DAY RULE

Promise yourself to write 5 minutes a day, even if it's the last thing you do before you go to bed. You never know what will spark in 5 minutes, and many times 5 minutes can become much longer if inspiration hits. This will also keep your story in your mind every day.

#### 6) REWARD YOURSELF AFTER YOU WRITE

Have a favorite TV Show? Watch it after you write X amount of pages. Want to see a new movie this weekend? Treat yourself to see it after you write and work on your own movie. Creating a reward will make you want to earn that reward

#### 7) TELL YOUR FRIENDS YOU'RE SENDING THEM PAGES

We often lack accountability when it comes to ourselves, but when others depend on us, we get our asses into gear. Tell 5 - 10 friends that you'll be e-mailing your script by a certain date. Then that date will become the deadline you need to drive your script forward. Make sure these friends are the ones that stay on top of you if you don't.