

# Overcome Your Fear of Writing Checklist

**Do you ever stare at an empty computer screen or draw a blank about what to write?**

**Even worse, do you tell yourself you'll never be a good writer?**

**Use this checklist to get back on track.**

- ❑ **Believe in yourself.** What good comes from not believing in yourself? If you need some classes or coaching, okay, get them. But keep moving forward. Learn from mistakes and keep going.
- ❑ **Check out the Great Books! checklist.** Read, practice, and study to learn all you can about the process of writing.
- ❑ **Remember that writing is *not* something you had to be “good” at in school** or that you had to study for four years in college (though I’m not discouraging that). I urge you to leave your self-doubt behind and just get started. And practice. Writing well is more a matter of mindset than talent or gift. As you write, you gain confidence and discover new ideas and insights...and there’s no telling where that can lead.
- ❑ **Do Genius Generator or any brainstorming technique you enjoy.** All kinds of ideas are waiting in that marvelous brain of yours. If you’re not brainstorming on a regular basis, you’re leaving great ideas trapped in your brain. That headache you have today? Probably ideas bumping into each other. Let them out!
- ❑ **Get started!** Procrastination weighs a ton—too heavy to carry around for days and weeks. It wears out your spirit. Just write.
- ❑ **Fill that screen/paper.** Write fast and furiously. You can make it special later.
- ❑ **Remember that most first drafts stink.** Again, make them special later.
- ❑ **Spend plenty of time editing.** You’re not doing anything wrong if you need to edit a lot. In fact, you’re doing it right! Famous writers edit dozens of times.
- ❑ **Practice.** I’m definitely a better writer than I was 10 years ago. One year ago. Even yesterday,
- ❑ **Trust that you can write well.** No ifs, ands or buts. Need more validation? Reread Step One.

**For more tips, tools, and tricks of the trade, contact the Association for Creative Business Writing, [www.afcbw.com](http://www.afcbw.com) or write to Lynda McDaniel at [director@afcbw.com](mailto:director@afcbw.com).**