

# Module 1 Session 3 Transcript

[Timestamps are in brackets]

Welcome to Session 3, the last session before you dive into the real course material here, what's actually going to help you go from dreamer to doer.

BUT, this session is super important, because we're talking **pitfalls and where people fall short** in reaching their writing goals. And really quickly we're going to be talking about **why it's important you avoid them**. So let's jump in.

1. **Falling into the "How to be more productive" trap.** I've fallen into it PLENTY of times because I love to research. ALL THE TIME. Seriously, I could, and have done it all day. All. Day. But what's wrong with a little research? You fall into the "How to be more productive" process, rather than the "**actually being productive**" process. You research but you may not practice everything.

This tends to be the case for most dreamers, as we can plan plan plan, and research the best ways to do something, but never fully practice all that knowledge we've worked so hard to gather. If you're not a crazy researcher like me, you may still hear of ways to be more productive but never really put them into practice or understand why they really work.

[1:18] But here's the thing: we don't want to kill the dreamer here, we just want to have a healthier balance, and one that lets us finally write our book. So we dream a little less, but do a lot more.

2. **Being busy vs. being productive.** There's a HUGE difference in just being busy and actually being productive. Sometimes I'll spend four hours hyperfocusing on one tiny aspect of publishing my novel, and realize it was just busy work. I didn't actually move forward in my goal to publish my novel.

Why do we do this? Sometimes it's avoidance. We're stressed or overwhelmed and try to find something "easier" to do, but that leads to unproductive work.

[2:08] This is absurdly, but accurately referred to as **Productive Procrastination**. It may feel like you're being productive, but really you're not focusing on the task you need to get done.

We want to be busy but we also want to be productive. It's a great exercise to stop yourself and periodically ask if you're actually being productive with your time or if you're just finding busy work.

3. **Not changing.** Your life changes. Your obligations and responsibilities change. Your kids may start school which is great, because now you have the day to yourself, but it comes with different responsibilities. Dropping them off & picking them up. After school activities. Staying up late to finish your kid's project because they waited until the last minute to tell you about it. **You need to reassess and adapt so you can build a SUSTAINABLE**--and that's a word I use a lot here--relationship with words. It's cool if

you can pump out a novel in 2 months, but not so much if you have to take a break and catch up on everything else for 4 months afterward.

[3:17] Adapt so you can continue to thrive, and continue to write everyday without getting burned out or overwhelmed.

4. **Not reaching out.** Creating a sustainable writing practice means taking care of yourself, mentally and physically. Part of taking care of your mental health is not dealing with everything on your own. If you're feeling stressed, or depressed, or anxious, seek help. There's hotlines you can call just to talk to someone. You can do something as simple as text a friend for a bit to help you vent and calm down about something. You can connect with another writer online and have a Skype-date with them. Jump on the Dreamer to Doer Facebook group. There's support everywhere, you just need to take advantage of it, and realize the power of someone just listening to you. *Especially* if your worries concern writing. Writing is such a solitary activity at times, and brings up SO MUCH self-doubt throughout the process. **Talking with another writer** will make you feel so much better about what you're feeling because they've been through it themselves. Don't be afraid to reach out.
5. [4:28] **Not delegating.** Similarly to the last point, so many of us artistically creative people (yes, writers are artistically creative people) are also control freaks. It's hard to give up the reins on anything because we feel we can do it the best. We know the methods and the process that everyone should follow and it'll just take too long to tell someone how to do it, so we just do it ourselves.  
Stahp it! Making the time to write sometimes means delegating, and **letting someone else handle** something we no longer have the time for. This could be hiring someone like a virtual assistant, or just letting (and asking of course, that's a big part here) your significant other do the laundry or cook dinner. Yes, you may fold your clothes a certain way that they don't follow, but let it go. Delegate and realize that some things just aren't worth your time.
6. [5:31] **Not being honest about limitations.** This one is tough. We all want to feel like we're supermen and women and that we can do everything, but you need to acknowledge that you cannot do everything; even if you delegate and simplify like a mad person. I frequently talk myself into thinking I can do it all, that I don't have to get rid of something, and I end up just stressing myself out and burning myself out. For example, every YouTube video I used to do had a corresponding post on my website. That may not sound like a lot, but added to everything else I was doing, the two or three hours it took me to make all the images and format properly and link back to other posts really ate into what little time I had available. As much as it hurt to let something go, I realized that I was stretching myself too thin. You need time to write, and I had piled so many things onto my plate that my writing time had dwindled to almost nothing. Know your limits and know that even though you're letting go of something now, **it doesn't mean you're letting go of it forever.** You may have the time or manpower later in your career to pick it back up, or you may realize after spending a couple weeks *not* doing it, that it really wasn't worth all the effort. Regardless, your decision isn't permanent, and you may

have to experiment until you find the right balance. The important thing is to understand that we all have limits, you shouldn't feel guilty for that in the slightest.

So that is the end of Module 1--I hope this helps you feel a little more comfortable in any pitfalls you may be experiencing, and that we can work through all of those pitfalls throughout this course to make sure you have the healthiest writing habit possible. With that being said, I will see you in the next Module, where we'll prepare everything you need to do so when it comes time to manage your time, you can make the most of it. I'll see you in Module 2!