**TWR - episode 102**

This episode of think right revised is brought to you by my virtual writing groups program a series of weekly group coaching meetings that will help you stay accountable to your writing goals this upcoming term. Each virtual writing groups package includes weekly meetings private coaching sessions with me on topics of your choice access to my nine-part course on academic writing and Publishing and a lifetime membership to prolific my online community for academic writers.

If you are ready to tackle your writing goals and have some fun along the way. I hope you'll join us. Groups for spring 2019 start the week of April 1st. So check out the program today. You can learn more about the upcoming virtual writing groups program or sign up to be notified about future offerings of the program at Katie Linder dot work backslash virtual - writings - groups.

You're listening to think right revised episode 102. Hey there, and welcome to think right revised a podcast that offers a peek behind the scenes of productive writing life. I'm your host. Dr. Katie Linder. On this episode. I want to offer you a series of journaling prompts that can help you to think about your life as a writer.

And these are prompts that I share each week with my writing group members. One of the things that we do as part of the structure of that program is we will have a weekly meeting and then a few days after that meeting and a few days before the next one. I will email the group with a reminder of their goals for that week and I always include a journaling prompt if they want to use it is definitely a not mandatory.

But if they want to journal a little bit about their writing that week they can. And then I also include some things like inspirational quotes that might help them to get a little bit of a boost in their writing that week. And so I wanted to share today 10 of these different writing prompts and I'm going to include them in the show notes if you want to visit that later on and you can copy and paste these into.

A word doc and just do some journaling if you have a research Journal that is kind of a handwritten Journal you can use them there. But the idea of this is to really help you explore your accomplishments and your relationship with your writing so that you can kind of deepen what that relationship looks like for you.

So the first prompt is what motivates you to work on writing tasks. And what do you do like specific actions and tactics when you feel demotivated to work on writing tasks? So in other words what works and doesn't work to get you writing. And this is one of my favorite prompts because it really helps you to think carefully about your personalized things that work for you because we are told about a lot of different kinds of strategies and tactics when it comes to motivating ourselves to write more and be more productive, but just because it works for someone else doesn't mean it works for you.

So this prompt is really about what actually motivates you to do this work. And what do you motivates you? The second prompt is what positive self-talk helps you to write and what negative self-talk impedes your writing. And I think often times we have more negative self-talk than positive, but it's helpful to actually recognize it as positive or negative self-talk so that we can recognize it when it's happening and I think that with negative self-talk in particular you may realize that you have certain patterns of negative self-talk that you can actually kind of stopped in the middle of saying it to yourself and say, you know, like I don't want to have to get of self-talk I.

To replace that with something that's a little bit more positive. So identifying the positive and the negative self-talk. I think can really be a helpful tool. The third prompt is what have you accomplished so far with your writing this term and what have you learned about? What writing goals are realistic to accomplish for you.

Now, one of the key things that we focus on in my writing groups is setting realistic goals, and also trying to get a good understanding of what you can actually do in a certain amount of time. And this often means that people will start in the group by setting bigger goals for what they want to do during the week and then they might realize that it wasn't really realistic to expect themselves to do that much work in one week when they had a lot of other things going on.

And so this question is really about trying to get kind of real with yourself about what you're actually getting done but also to start documenting what you're doing because it's challenging sometimes to really be keeping in our minds that we are productive. It can always feel like we're not doing enough.

So by actually writing down what you've accomplished so far this term depending on kind of where you are in the year, or you could say this month or even this year if it's a little. Longer it helps you to start that documentation practice. The fourth prompt is what are your favorite writing tricks that you use when you don't feel like writing what gets you going when you aren't feeling motivated to write and again, this is about that personalized.

You know, what works for you to kind of get you up and going. And I have definitely talked about this before on the show. I think I called it like writing games of things that I basically games I play with myself to get myself in the mood to write even when I really don't want to so I will post a link to that episode in the show notes as well.

But the general idea here is you're going to have, you know certain things that you are tried and true you go back to you know, that they're going to work to kind of get you going and noting what those things are. V prompt is where is your favorite place to write and what makes it an ideal writing space for you?

I think we all have a little bit of a Goldilocks space whether that's in a coffee shop or in a really quiet environment or we like to be looking out a window or have fresh air or have coffee in front of us, whatever it might be and this is a fun prompt to kind of get you thinking about. What is the ideal space for you as a writer?

The sixth prompt is what aspects of your writing life. Do you enjoy the most and what aspects do you want to nurture more and often times? I think when we think about writing it can get a little bit negative. It can be a little bit of a more combative relationship. And this is a prompt. That's really meant to help you.

Think about. What do you like about writing? What is going well in your writing life? And if there are things that are maybe not going so well framing them as things that you want to spend more time or to prioritize or to nurture instead of just kind of the negative self-talk of it's not going.

Well. What would it mean to nurture that thing to get it into a better space in your writing life? The seventh prompt is what metaphor best describes your current relationship to writing or what is the metaphor that best represents your writing life right now and I love using metaphors. It's definitely a tool for coaching that I use with a lot of my clients if they're in a space that they're trying to kind of figure out we will.

Kind of do some exploration of like what's a good metaphor that would represent how you're feeling right now or a relationship that you have to a particular thing right now and I think that that idea of kind of separating yourself out and kind of looking at this from the outside to say what is a metaphor that kind of helps me to think about this current relationship.

I have with writing. Or the best represents my writing life. It can give you a little bit of a sense of a larger context of what writing means to you right now in your career and also you can decide if you're happy with that metaphor or not, and maybe you want to shift it into a different kind of metaphor.

So it's a nice way of exploring that context. The eighth prompt is what is the most important writing task for you to complete before the end of the term or what is your big writing goal to accomplish before the end of the year and this is a great writing prompt to just check in with yourself about how things are going.

Are you progressing in the way that you want? Are you hitting the goals that you want to be hitting and maybe if not, why not and if yes what's going so well, what's working for you? That is really allowing you to complete these different goals and tasks. The 9th prompt is what is a way that you can playfully experiment with your writing this week or this term or this month?

And this is about helping you to be creative with your writing and to remember to have a little bit of fun with your writing and one of my favorite ways of doing this that I've heard from a recent writing group client is he's working on his dissertation and He is building in kind of some secret messages.

His dissertation that is just really a playful way like he knows it's there his advisor may eventually figure it out his committee members may eventually figured out but he's doing things like, you know taking the first letter of certain paragraphs and having them spell out a word and just doing some little things like that and I think that's a great example of how you can playfully experiment with your writing in a way that sometimes only you know about and that's enough.

All right, the tenth and final prompt is what was your most important writing accomplishment in the past year and this is a way of again kind of documenting your writing so that you can see what has been really important to you over a period of time. But also, I think it's a way of helping you to see.

Who you are as a writer in terms of what you're prioritizing and what you really care about and sometimes the most important writing accomplishment is not going to be an outcome like a thing like it might not be a book. It might be that you feel like you gained confidence in your writing or it might be that you were able to write more consistently over the past year and that felt like a really big accomplishment.

So sometimes I think we get kind of tied up in the product of a writing and we don't necessarily reflect. On what actually feels like an accomplishment in terms of our process as well. So those are 10 different journaling prompts that you can use to deepen your relationship with your writing and do some exploration.

I will post them in the show notes and I would also love to hear if you are keeping some kind of writing journal or research Journal. Are you doing prompts like this yourself? What are the other kinds of prompts that I should add to my list? You can always tweet to me at Katie double underscore lender.

You can email me a contact at Katie Linder dot work. You can connect with me on Instagram @ KD underscore Linda. Or you can write me a letter and if you want to write me a letter using one of these prompts, I would love to hear your response. You can address it to Katie Linder PO Box 1621 in Albany, Oregon nine seven, three, two one.

I'd love to hear from you. Thanks for listening to this episode of thing. Right revised show notes and a transcript for this episode can be found at Katie lender dot work / podcasts think right revised is part of the radical self-trust podcast Channel a collection of content dedicated to helping you seek self-knowledge nurture your superpowers playfully experiment live your core values with intention practice loving kindness towards yourself and others and settle into your life's purpose.

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