**TWR - episode 107**

You're listening to think right revised episode 107. 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 doctor Katie Lynn. In this episode I want to talk about the pros and cons of writing every day versus doing binge writing and this is something that I get actually a lot of questions about and people have kind of heard the common advice that you should be writing every day at least a little bit and this is something that's backed up in some of the literature around writing productivity and but I also hear some people who just prefer binge writing and by binge writing, I mean where you string together.

Several hours at a time. And I was actually just at an event this past week where I was talking about writing productivity and people are kind of you know ashamed to admit that they want to do this binge writing. It's like they know they're not supposed to be doing it and it makes them feel, you know, a lot of Shame around it.

And so I wanted to talk about this because I actually do both. I am absolutely a professed binge writer and that at that is what I prefer even though. I don't have to do that. It is something that I enjoy doing when I can string together a few hours, but I think one of the main things when it comes to writing everyday or choosing to binge, right?

Is it you don't necessarily block yourself in and say well I can only do it one way and if I don't have a bunch of our strung together than I can't write at all and this is I think the the kind of story that we can tell ourselves about having kind of a Goldilocks writing situation where if it's not exactly the way you want it then you can't do it.

And that I think is the challenge for the people who really prefer binge writing is you have to sometimes go out of your comfort zone and not binge, right if that is just something that's available to you. And I think that there are people who based on kind of the season of their lives and what's going on with their families or other obligations.

It's going to be really challenging to find several hours to string together. And that shouldn't stand in the way of you getting writing done or moving projects forward if that's what you want. Now at the same time though, I recently was working with a writing client who was very busy. She has a job that changes a lot every day and she kind of never knows what's going to happen.

She has a lot of fire she has to put out and she was really struggling with the writing every day. And she knew she had read the literature. She knew this is something she should be doing. She was trying to fit in like at least 15 minutes a day, and it just wasn't working. And so she came to me and said, you know, what am I supposed to do because I'm not able to do this and I said, well, is there a time during the week that is better for you?

And it turned out that her Saturday mornings. She had like two to three hours in a chunk. And what ended up happening is that she took that two to three hour chunk every week and really started to make progress in her case on a book proposal and it ended up being if you thought about you know, the 15 minutes that she would have done every day it added.

To approximately what she was doing on that Saturday morning and it gave her a little bit of peace to know that she was going to have that writing date every week and that she didn't have to worry about trying to squeeze it in and it was really stressing her out to try to figure out how to put this into her everyday schedule.

So what this brings me to is rather than kind of worrying about this everyday writing or the binge writing is rather to think about what does it mean to you and your schedule to right? Consistently and that might mean that you have a weekly writing date or like a couple times a week that you're writing.

Maybe it's like Tuesday mornings and Friday afternoons where you have like a consistent period of time and it doesn't have to be very much. It could be half an hour. It could be an hour. It could be more than that. But the idea is that you know that you're going to be writing during these windows and if it's everyday great, like if that's something that you can squeeze in but I know a lot of people really.

Struggle to do this every day and they're definitely periods in your work life. When maybe you have pockets of time where you can do this every day, but then I think sometimes people fall off the wagon and they just like Fallout of any routine. They can't get back to any kind of consistency because they're trying for kind of that Perfection or ideal of doing it every day.

And because they can't do it every day. They feel bad that they're like not doing it in the way that they think they should be so then they just stopped doing. And I think that this is the same kind of thing that a lot of people feel with like working out. Like if you can't do a full workout, then it's not worth it to go for a 10-minute walk or to go for a 20 minute run and we know that all of those things are really good no matter how little they are they do add up so when I think about.

Any little bit of writing that you can do with any kind of consistency. It's all like deposits in the bank. It all adds up over time and starts to move the writing forward. Now I think that part of the benefit of consistency no matter what it looks like for you it can look really different for everyone is that you start to develop this relationship with your writing where you have a trust there that you're going to come back to the writing, you know when it's going to happen and you stop worrying about it so much.

I think that one of the biggest challenges with our writing schedules is that we just we worry about them so much. We're not sure when. Going to have time to write we are constantly kind of giving negative self talk to ourselves that we're not writing enough and when you know that you have that consistent writing date on your schedule.

You just set it aside and you don't have to worry about it because you know the next time that you're going to be able to sit down and do that, right? Now whether or not that writing is a binge or a consistent kind of you know, 15 minutes every day to me that matters less as I talk with more and more writers.

And as I've experimented with a ton of different writing schedules in my own life. I know that there are a lot of different kinds of things that can work for people. So it's for me not so much about following a rule as it is about finding the thing that works in your schedule to do that work consistently.

Now the other thing to keep in mind is because in Academia and higher ed or schedules change pretty much every term, especially if you have a teaching schedule or you have different committee meetings and things like that. You really do need to adjust what consistency means on a pretty regular basis?

And this can be hard because you can find a schedule that really works for you and then the next term it's not available to you anymore. So you have to really be kind of on the ball about you know, looking at your calendar and seeing what's working for that consistency. And one thing that I found that works for some people if they're not sure they can't do like the same day every week is they might do a certain amount of time every week.

So they might say I wanted to vote for hours to my writing every week. And I'm not sure where I'm going to be able to fit in but if I can find the four hours throughout the week, that's good. Like I'm just going to check it off and that's my writing consistency. So one week it might be on Monday and Wednesday the next week.

It might be on Tuesday and Saturday, but the idea is that you have the consistent time as a variable rather than the consistent schedule as a variable. So any of these strategies I think can work the idea is that it has to be personal to you in terms of what you think is going to be the best fit for your schedule and any other obligations responsibilities you have going on in your life at the moment.

So I would love to hear if you are a consistent writer how that's working for you. If you tend to love binge writing like I do of course, I want to hear about that as well. You can always email me a contact at Katie lunar dot work. You can tweet to me at Katie double underscore lender. You can find me on Instagram @ KD underscore lender, or you can always write me a letter at Katie Linder PO Box 1621 in Albany, Oregon nine seven, three, two one.

I always love to hear from you. Thanks for listening. Thanks for listening to this episode of think 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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