



JEANNIE HALL

Self Love Coach for
Writers - *Let's Get You
Writing in Your Jammies
Again*

CONTACT

Did these tips help you?
Or do you need more
one-on-one help?
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HELP! I'M BLOCKED!

5 Non-writing Methods to Get You Writing Again

1. MOVE

Move your body. If you've been sitting in front of your keyboard for a while, get up. Go outside. Go for a walk or dance to your favorite music.

2. GO QUIET AND STILL

On the other end of the spectrum from number one, going quiet and still is essential to your creativity. Turn off your computer, your TV and your phone and just listen to your own breathing. Let your thoughts come and go. Do at least 3 minutes a day.

3. IMAGINE

Put your excellent imagination to good use. Imagine that you are happy right now. All your worries have disappeared. Feel that happiness and let it fill you up. Do daily for at least 3 minutes.

4. PLAY

Remember when you were a kid and you played for hours with no worries in your head whatsoever? Do that now as an adult. Just for a few minutes. Let all your responsibilities go. Pretend you're a kid and do something for the sheer hell of it. Have fun. Play.

5. REFOCUS

Stop forcing it. If hands-on-keyboard-butt-in-chair hasn't been working for you, forget it! Go do something you want to do. Don't think about writing in any way, shape or form for a few days. Then, once you feel more refreshed, try again.