
Notes on the Writing Life

by Denis Ledoux



Do you struggle with the discipline of writing on a regular basis and wish you could be more motivated? Do you ask yourself, "Why is it so hard to write what I really do want to write?"

The good news is that while it may be hard at first to write, getting on a schedule can make it easy.

The following is from an e-mail we received from a coaching client who has taken the Turning Memories Into Memoirs® Workshop.

"Having written every day now for months, I've seen a change in how I approach my work. I used to write every day out of duty, knowing that, if I did, I would be pleased with how my stories were adding up. I had a strong sense that it was the right thing to do.

"Then something unexpected happened. I noticed how good it makes me feel now to write as much as I am. If I don't write on any given day, there seems to be something missing. I find myself getting up in the morning wanting to write first thing. I look forward to writing and, if something happens that I can't write right when I get up, I keep thinking of when in the day I'll be writing. I've got to get my writing in. It's like missing a meal and thinking all the time about when you'll be eating again!

"Writing my memoirs is not a duty any more—it's a wonderful opportunity in my day that gives me great peace and joy.

"If a writer wants to write more easily and enjoyably, s/he ought to get on a writing schedule."

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It's up to you
to decide
but, what-
ever you decide,
honor your
commitment

Exercise

Create a writing schedule. Decide at what time you write best and set yourself up to write at least three hours a week in the coming four weeks (one month)—one hour on three different days or one and half hours on two or three days of any given week. (Of course, if you want to write more than three hours per week that is even better.) It's up to you to decide but, whatever you decide, honor your commitment (unless your commitment is to do nothing—in that case I urge you to break that commitment!).

At the end of one month of disciplined writing, assess whether you have increased your production and have a much greater sense of satisfaction. (I already know the answer—and I bet you do, too!)

Suggestion: If you find that you are having trouble disciplining yourself to write regularly, enroll in our Lifewriter's Coaching Group Tele-Class. People say it makes them "show up" in their writing life. For more visit <http://www.turningmemories.com/coach.html>

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