

# Real, Specific Ways to Create Time to Write

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50 Minutes

# What is a self licking ice cream cone?

- Doing something because it has established itself as needing to be done, completely separate from reality.
- To have time you must create it which means you must make something else go away.

# Real ways to make time.

- Not comfortable but they work.
- You do what you are doing. If you are performing at a high level you will likely continue to do so if you are in a rut you will likely stay in that rut.

# Ways to Change

- Thought Suppression is always an EPIC FAIL
- You can't just stop, you must replace the behavior, cycle or task
- Kill your Comfort Zone – Eliminate dubious work and move on.
- Concept of Back Planning
- You must limit your exposure and your commitment
- Watch what your doing

# Intestinal Fortitude

- Change and making time is not easy, it is in fact one of the most difficult things you can do
- You have to decide you have the guts to stick it out.
- You must set goals (more on that).

# Time to get Real.

- You have to know your priorities (which takes time).
- You have to know your goals (which also takes time).
- You have to decide if you want the two to meet (again time).
- What is your end goal?
- What do you really want?
- Research the goal, if you make it, is that a place you want to be? Is the reality as sexy as how you imagine it?

# Turning the Corner

- How do you know if something is right or wrong for you?
  - Ask every time? Is Farmville more important than my contract? my Kid? Is watching that TV show instead of playing with my kid for an hour the best for my kid or my health? Put every decision in perspective.
  - Then fails gracefully – 80/20
- Make a Plan
- Decisive and Immediate Action
- Evaluate your Surroundings
- Evaluate Yourself
- Evaluate What is Working so Far

# Evaluate your Surroundings

- Does your house stress you out?
- Do you have someplace to write?
- Do you keep up maintenance so you can concentrate on other things?
- Are you warm (or cool), fed and healthy?
- Do you give back?

# Evaluate Yourself

- How tired are you?
- How happy are you?
- How realistic are you about what you want?
- Does your house make you miserable?
- Do you want to be a writer or do you just like the idea?

# Evaluate Your Progress So Far

- Is it working?
- If it's not zero in on what does and does not work and DO NOT try to do the same thing you have been doing.
- Find a new way, what have you really got to lose?

# Research – Plan, Decide, Act

- You must understand where you are going or you will not be happy when you get there.
- Make YouTube and Pinterest your friend, with a timer and set subject

# Your Home

- Read the House that Cleans Itself
- Buy into a different mentality – Have a functional house not a traditional one.
- Examples – Laundry Room, Buckets, Problem Areas,

# Clutter

- In your Mind
- In your Life
- In your House

# Writing

- The Two Minute Rule

# Concept of Incremental Achievement

- 15 minutes a day everyday to reach a goal.
- Line it out the day prior.
- You may not be a list maker but you have to plan or you will find other things to do.

# Concept of Back Planning

- Planning forward is defensive or reactive
- Planning backward is offensive or proactive
- 15 Minutes everyday.

# Daily Prerogative

- You have to do it everyday.
- Productivity V. Busy
- Prioritize & Eliminate or Finish
- Simplification can be difficult.
- One in one out.
- Needs...Pick a hobby, only one, two tops and know it will play out and finish.
- Clutter control is a continual process.