Create a Writing Habit

For the next thirty days commit to creating a writing habit that will carry you from wherever you are now, to the completion of your PhD. Visualise it, create the ritual, and commit. Use any tools (notifications, timers, other cues) you need to make sure you sit down and write at the same time every day, if at all possible. Once your habit becomes ingrained, you will no longer need these tools (although there is nothing against continuing to use them, of course, if they help you. I still use my timer!). Create a ritual that works for you, and within a month you will have a writing habit that lasts.

Imagine your ideal workday. Imagine your writing routine. What does it look like?

1. What is the cue that gets you going? (For me it is setting a timer)

2. What is the reward you set in place after a writing session? How does it feel? (For me it is a 'pat on the back' and a cup of tea, mostly)

3. What is the old habit you are going to replace? What does your (unconscious) routine look like now? (it used to be…oops, sometimes still is…getting lost on social media)

4. What is the old cue? Any notifications/ distractions you need to eliminate? (pings, notifications and messages)

5. What is the old reward? (Zoning out I suppose.)

6. How can you replace this with something new? (Giving myself proper permission to fully relax after my work session)

7. Visualise your new routine, now, right before you go to bed, and right after you wake up. It helps!