



Keeping Momentum

Momentum isn't about speed. It's about not losing touch with your book. Even small steps keep the project alive in your mind, and that steady connection is what carries you from the first page to the last. This page is about simple ways to stay moving, even on the days when writing feels difficult.

Stay Connected to the Book

You don't need to write every day, but you do need to stay in touch with the story or subject.

That might mean:

- rereading yesterday's paragraph
- jotting down a note for a future chapter
- thinking about a character on your commute
- adding one detail to your research file

Tiny actions keep the book warm.

Break the Work Into Small Wins

Momentum comes from manageable steps. Try:

- one scene
- one paragraph
- one idea captured in your notebook
- one question answered in your research

Small wins stack up quickly and keep you feeling capable.

Use Short Sessions to Your Advantage

A ten-minute session is still a session. A few short bursts can be more productive than one long, intimidating block of time. If you only have a little energy, use it, don't wait for the perfect moment.

Leave Yourself a Clear Starting Point

One of the easiest ways to maintain momentum is to end each session with a note to your future self: **“Next time, start with...”**

It removes the hardest part of writing, deciding where to begin.

Accept the Natural Ups and Downs

Momentum isn't a straight line. Some weeks you'll write a lot. Some weeks you won't. What matters is returning to the book before it drifts too far away.

Forgive the slow days. Celebrate the steady ones.

Keep the Book Moving Forward, Even If You Move Sideways

If you're stuck on a chapter, shift your focus:

- write a later scene
- sketch a character
- outline a chapter
- refine your notes

Sideways movement is still movement. It keeps you engaged until the block loosens.

A Quick Exercise

Open your notebook and write one sentence answering this:

“What's the next small thing I can do for my book?”

Then do just that one thing. Momentum begins with the smallest possible step.