



How You Write

Every writer works differently. Some write fast, some slow. Some plan, some discover. Some write every day, others once a week. There is no correct method, only the method that helps *you* make steady progress. This page is about finding the rhythm that suits your life, your energy, and your book.

Find a Session Pattern That Fits

Writing doesn't have to mean long, intense sessions. Try experimenting with:

- short daily sessions
- one or two longer weekly sessions
- writing sprints (10–20 minutes at a time)
- stopping mid-sentence so you know exactly where to begin next time

The goal is consistency, not endurance.

Decide How You Measure Progress

Some writers like word-count targets. Others prefer time-based goals. A few simply write until a scene feels complete.

Options include:

- a daily or weekly word count
- a set amount of time
- “one scene per session”
- “write until the kettle boils”

Choose the one that feels encouraging rather than stressful.

Expect Different Speeds

Some days the writing will flow. Other days it won't. Both are normal.

Your rhythm isn't about being inspired, it's about showing up often enough that the book keeps moving forward.

Know Your Natural Pace

Writers tend to fall into two broad groups:

- **Clean writers** - slow, careful, fewer drafts
- **Discovery writers** - fast, messy, revise later

Neither is better. Knowing which one you are helps you stop fighting your own process.

Create Small Cues That Help You Begin

A few simple rituals can make it easier to slip into writing mode:

- a particular playlist
- a favourite chair
- a cup of tea
- a five-minute warm-up paragraph

These cues tell your brain, “We’re writing now.”

Break the Work Into Manageable Pieces

Writing a whole book is overwhelming. Writing a chapter is manageable. Writing a scene is even easier.

Try keeping:

- a list of upcoming scenes
- a short note about what happens next
- a simple chapter outline

This keeps you moving without losing your place.

A Quick Exercise

Before your next session, write a one-line note to yourself:

“Next time, I’ll start with...”

It removes the hardest part, deciding where to begin.