

Get Out of Resistance  
and into the writing flow



Love, Peace, Words  
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## Get Out of Resistance and into the writing flow

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“It’s not the writing part that’s hard.  
What’s hard is sitting down to write.”

Stephen Pressfield, *The War of Art*

### Breathe.

Here’s what happens when you breathe. Your body becomes activated and your mind begins to slow down. And it is the mind, ironically... the very thing you need in order to put complete sentences together... that you need to quiet.

Once your mind starts to quiet down, you can tap into what I like to call the collective consciousness... or the stream of awareness that always is, always was, and always will be. This is where ideas and inspiration live.

But you can only access it when your mind is quiet enough to hear the inspiration coming from it. So make yoga, meditation, or whatever form of exercise that helps quiet your mind a daily part of your schedule.

### Dress the Part.

Until I found a form of exercise that I fell in love with, I had a hard time getting myself motivated to exercise. One thing that I did on the advice of an exercise psychologist, which sounds silly, but really helped: dressing “as if” I was fully ready to get to that exercise class. There were days that I put the yoga pants on but didn’t make it to class.

But there were also days I put the yoga pants on and got inspired to do a little yoga... even if I didn’t actually make it out of the house to the class. Soon, there were more and more days that I made it to class. Showing up for yourself... even if you don’t get very much done... gets the habit started. Eventually, routine will kick in.

Do whatever it is that helps you feel dressed and ready for the part. For some that might mean getting a pair of extra colorful pair of reading glasses, a special pen or notebook, a particular type of keyboard that makes pleasant sounds as you type. The perfect nook for your desk. The perfect lamp? Trust me... I’ve done it all. I am especially fond of keyboards that make the right noise.

Just make sure to set a deadline for yourself for actually *starting*... otherwise you could fall into the trap of ‘getting just one more thing for my perfect writing nook.’ You can always add more to your perfect nook as you go.

## Get Out of Resistance and into the writing flow

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### *Just Start.*

Once you have set the stage, it is now time to dance. No, wait... wrong genre. I mean write! And this part, folks... is where you start. It helps to repeat step #1 again, as you sit down in your chair to begin. Breathe to clear your mind.

Settle in to your body before you begin to use your mind/body/spirit to write. Start slowly at first. Writing is like exercise, the more you do it, the stronger you get.

Set the bar at a manageable level. If you are just starting a project, this might mean writing only for 10 minutes a day. Most likely, though... if you have something to say... you will write for more than 10 minutes, easily.

Repeat, daily. And don't forget to reward yourself for showing up. Chocolate can be a fabulous motivator.



### *Now, meet the team.*

We are three women who have been on the heroine's journey for the last half decade. Between the three of us, in a six year span we have:

- :: quit soul sucking jobs
- :: broke up with boyfriends
- :: sold houses
- :: moved from California to Arizona to South Africa
- :: rediscovered a love of biking
- :: learned how to build one-match fires
- :: learned to read energy
- :: there's more, but we're tight on space

The three of us met in Martha Beck Life Coach Training (LCT) in 2010. We've worked together on projects for several years. In 2016 we came together once again to launch Sonya's book, *Downsize Your Home, Rightsize Your Life*, currently available on Amazon.

We had so much fun working together we decided to offer the service to other coaches who have nurtured their practice to the point where a book is the next logical step.

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### *In our own words...*

**Sonya Myers:** Before life coach training (LCT) I worked in publishing, software development and management. After the life-altering process of LCT I coached, facilitated writing groups, built websites, taught yoga and pilates, obtained a real estate license, and enjoyed advanced coach training with some of the tribe's best and brightest talents. At heart, I'm a writer. Like virtually every writer I've ever known or worked with, I need an editor. For me that's Houkje Ross.

**Houkje Ross:** For 15 years, I worked in the Washington D.C. metro area as a writer, editor, project manager, and communications manager. I worked as a communications specialist in the public health field where I learned the art of "dancing with words." After over a decade however, my soul had lost itself and I had to go on a great wander to reclaim it. I have spent the last six years helping small business owners develop their web text, coaching, and doing intuitive readings. And I am in awe of anyone who can do techy stuff without wanting to pull their hair out. Have you met Maryna?

**Maryna Smuts:** Every modern writer also needs a technical wizard to support the author's platform, or online presence. That's what I do. I'm a life coach and since 2011, I've been helping coaches launch websites and programs. Before that, I spent a corporate career in Information Technology, playing with technology that I love and acquiring a solid foundation of good systems concepts and practices.

### *Now what?*

We've given you a bunch of info, and hope it helps you write more. But if you still can't move forward or have trouble sustaining the momentum, let us assist you.

Together we can help you get from writing in your head to launching your book. Let's talk about that. Visit [thebookstartshere.com](http://thebookstartshere.com) and schedule a call with us.

Til then, practice loving kindness with your resistance. Breathe, move, and just write.

To your future book,  
Houkje, Sonya, Maryna

PS. The next page is a mini-version of this document you can print out, fold or cut up, and carry with you or tape to your screen... portable motivation!

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