

Creating Your Writer's Power Tools

How can you create your Writer's Power Tools? Ask yourself questions. To figure out what your power scripts are, make a note of what you say to yourself while you get ready to write. What do you do to get ready to write? Where do you do your best writing?

Notice these details, these are the components of your personal scripts. Another way to find out what they are is to have someone watch you and tell you what you are doing, what you are saying, how you are moving. .

Power Script: *To come up with your Power Script, ask yourself the following questions: What does writing mean to you? What gets you juicy? What do you say to yourself to get creative? What do you see when you think about your "book"? What are your ideas? What does this book mean to you? What gifts and "creative" power are you going to use? **Wake Up!** What **words** come to mind when you think about the amazing work that you are about to create? **Write them down!** This is your Power Script.*

Power Move: *To come up with your Power Move, ask yourself the following questions: What physical movements do you make before or during the writing process? How does it feel when you think about your book? What do you see? How do you walk, talk, breathe, when you think about yourself as a "writer"? Imagine and see the words, "Best-Selling Author" before your name. Say it out loud. How does that feel? Say it again! Loud and strong, really believe it, really enjoy it. **Write this down!** This is your Power Move.*

Power Anchors: *To come up with your Power (Visual) Anchors, ask yourself the following questions: What makes you feel comfortable? Do you have a lucky writing pen, writing shirt, writing hat, etc. It doesn't matter how old, worn, weird or silly you may think it is, if it is your lucky thing, it's your lucky thing. Set them out where you can see them. If you like to listen to music while you create, turn it on. Candles, props and your most comfortable or favorite clothes are great for getting to this creative state. Where do you feel comfortable writing? Do you have a favorite spot where you can sit and not notice the time passing? What place can you think of where you can feel relaxed, comfortable and are able to focus. A place you can't wait to get to! Try in on for size. How does it feel? Great? Decide that this is your writing spot. Look at it, visualize yourself writing, creating, producing there. Make it your "spot". If the first place you pick doesn't quite work, try another. You'll know you have the right writing environment when you realize you are spending a lot of time writing in it! Keep adjusting till you get it just right!*

Get yourself in the zone, once you recognize it – write it down! How does it feel? What does it look like? What colors do you see? How does your body feel? What position are you in? When you get in that place, when you write, have someone watch you and tell you what your scripts are. How you look, how you sit, how you breathe, everything about what you do.

When you have a challenge getting prepared, you can trigger your scripts and you can easily get in the creative zone because **you know exactly what to do**. That's really a key part to writing. **You are now prepared to write.**