

Hello Writers!

with Book Coach Stephanie Dethlefs



Episode #14 : Discover your best time to Write

1. What is my ideal energy level for a writing session?
2. At what times of day do I usually have that kind of energy?
3. What absolutely HAS to be done before I can write? (Conversely, what absolutely should NOT be done before I write?)
4. How long, on average, can I write without losing steam?
5. What open times of day allow enough time for my writing stamina and can accommodate what must be done first, while also providing for my ideal energy?

If there is just one answer to #5, then you have your answer! If there is more than one...lucky you! You get to choose. Happy writing!

