

Hello Writers!

with Book Coach Stephanie Dethlefs



Episode #20

Goal-Setting Part 2: Get Specific

Step 1: Commit to writing 4 hours each week.

This doesn't seem like much, but it's enough to move the word count up consistently. If you have more time to devote to writing, great! But keep it at 4 hours per week minimum.

And *commit*. This means that when you say it's time to write, that's what it's time to do. Not the dishes, they can wait. The dentist can be scheduled around it. Your writing time is sacred time.

Step 2: Schedule 4 hours per week for the next 60 days (8 weeks).

Add your four hours per week for eight weeks (or 60 days) to whatever calendar you use for appointments and the like. Don't just visualize it ... *actually write it down or type it in*. Doing that math, you'll have a minimum of 32 hours of writing on your schedule, ready for you to show up and do it.

Step 3: Set a goal for each session and add it to your calendar.

This might be a word count goal, a page count goal, or – if you've done the planning for your writing project – a specific scene, section or chapter. Having a goal of "write for 1 hour" isn't tangible enough to move your project forward. Keep your goals results-oriented.

FAQs

Can I change the schedule once I've written it down?

The schedule is adjustable. Life happens. Things happen. Schedules need to be changed sometimes. But just make sure that if you do bump or miss a scheduled writing session, do put it back on your calendar within the week. Don't let yourself get into the habit or mindset that your writing isn't as important as any other appointment you make.



What if I finish something early, or am behind?

No big deal! You've written down your goal for each session, but you can always adjust it. My strong recommendation, though, is that you make those changes in advance, not in the moment. In the moment changes are usually emotional and impulsive rather than using conscious decision-making.

What if I finish my project before the end of a 60-day period?

That's so awesome! First, do a celebratory dance, for sure. Then go back to part one and clarify the big picture of your next project and fill in the rest of your scheduled writing sessions by following these steps for the new project.

What happens when the 60-days are up?

You do the whole process over again.

Let me know how this goes! Email me: hello@stephaniedethlefs.com

Need help? Sign up for an [Unstick Your Story](#) consultation today!

