



DeYoung Consulting Services

Helping People Learn up to Their Potential

Have you ever needed to send a letter or draft a report and found you couldn't write one sentence? Writer's block can hit at the most inconvenient times. Here are six tips to help break through that block when it hits.

Review previous writing

Look at some of your other writing projects. You might find a few sentences you can start with or a phrase you can reuse.

Try using a pen and paper instead of the computer

Sometimes a different medium for writing can break through the mental barrier you might be experiencing. Circling words, crossing out sentences, and writing between lines can facilitate the writing process.

Write in a different location.

Maybe your office is bringing you down. Take your laptop computer, or paper and pen, and head to the library, coffee shop, or any other place you feel comfortable. A change of scenery can open up your brainwaves for more creativity.

Write anything

Make a grocery list, send an e-mail to a friend, or write about what you see. Just write without editing yourself to get the juices flowing.

Challenge yourself

Sometimes it can be easier to accomplish a task if you have a limited amount of time.

If you need to write something short like a letter, set a timer for 15 minutes and try to get it done before the timer goes off. Before you know it, you'll be in the writing mode.

Reward yourself

Promise yourself a treat after you've completed your writing assignment. Maybe it's a snack from the vending machine, a walk around the block, or a time to read the newspaper with a cup of coffee. Not all rewards in life have to be monetary.

If you're experiencing a long-term block on the development of your training materials, give me a call. We can talk through your situation and get your project completed.

Karen DeYoung
DeYoung Consulting Services

DeYoung Consulting Services provides quality learning experiences for individuals and groups. We develop materials and activities that advance individual, team, and organizational learning. Our work is done with integrity, reliability, and accountability.

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