

7 TOP TIPS FOR BEATING WRITER'S BLOCK

1. Listen to music.

Everyone knows that music can be inspirational and many people find that a little background music assists them to keep the ideas flowing and the light bulb blinking. If you're struggling with writer's block, take a break and let loose to one of your favorite tunes. It will give you a chance to switch off and will momentarily clear your mind.



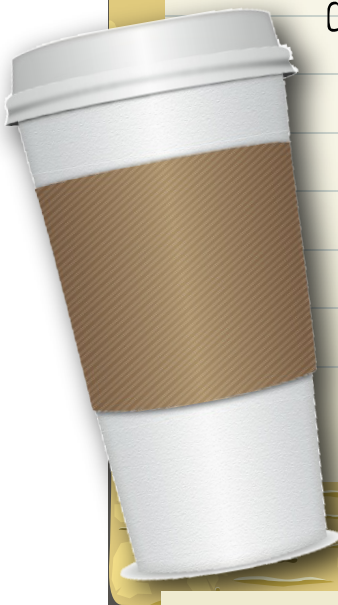
2. Skip a section.

Don't insist on writing something in the order that it will be read. There's no law that states that your introduction, author's note or preface absolutely have to be written first. Yes, they may need to appear first in the final draft, but you can write them when you want. If you are stuck on a section of your novel, blog, or essay, or something just doesn't seem to be working, leave it for a while and come back later. It worked for Prince William and Kate Middleton.



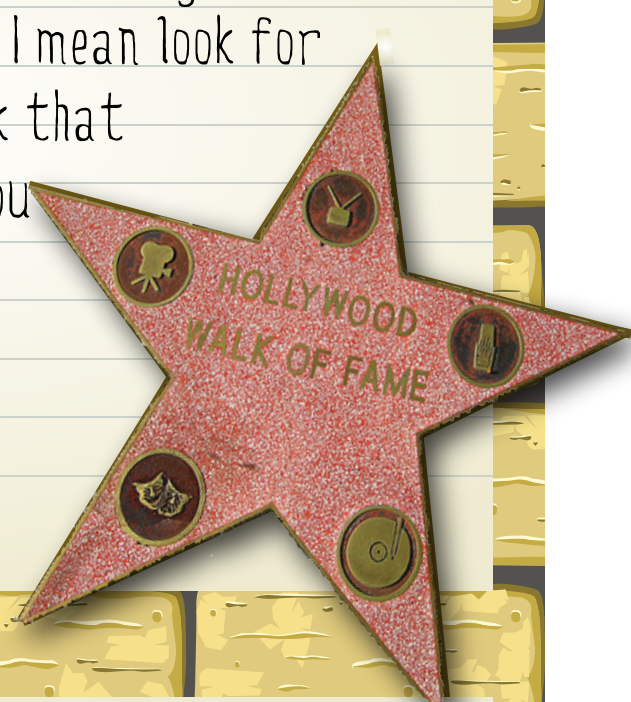
3. Take a caffeine nap

I love a cup of coffee and we all know that it can momentarily boost our alertness, but did you know that drinking coffee and then immediately taking a short nap can actually rocket your creativity and banish writer's block? Yep, scientists in the UK have proven that drinking coffee before embarking on a short, 15-minute snooze can actually increase your productivity... make mine a double shot!



4. Turn to someone famous.

Okay, I do not mean literally (I would love to get advice from Ashton Kutcher right now). No, I mean look for famous quotes related to your work that inspire, anger or motivate you. If you can't think of something to write in response to a statement that holds personal emotional value, then you may just be a lost cause.



5. Change the scenery.

If your current work location just isn't doing it for you, get off your butt and go somewhere else. The library, a busy bar, a coffee shop, the park... anywhere else but where you are now. The change of scenery may just reignite your passion and banish your writers block, and if it doesn't, you can at least get yourself a drink.



6. Ask yourself: "who cares?"

Unless you are writing a personal diary that is intended for no one's eyes but your own, chances are you have an audience and these people are waiting to read something from you. Ask yourself what it is they want to know. This will assist you to focus on different angles and approach the topic from a different point of view.



7. Write about something else.

Sometimes you may be trapped in a wordless world because you have other things on your mind. Forget the task in hand and take a moment to write about your thoughts. It will help you to get things off your chest and refocus your mind. You never know, writing down what you're thinking about may just produce groundbreaking material.

