



SALVE SOUL DIGITAL LIBRARY

Salve Soul “How To’s of Writing + Creating”

A simple guide of common thoughts about the writing process.

Setting The Space

“How to Get in the Writing Mood?”

- Watch author interviews, podcasts, or read material that resonates with your work, go to museums, journaling groups or other artist events.
- Curate heart openers that help you ground down.
 - Music playlists for writing (**pen flow available via Spotify music by “Salve Soul Digital Library”**)
 - Reread pivotal books (**Some favorites: Alchemist, Untethered Soul, Seat of the Soul, Days After Your Departure, Love Freedom Aloneness, Black Girl Call Home, All About Love**)
- Remember WHY you started and whose healing is attached to your work.
- Change up your space. GET OUT OF YOUR BEDROOM.
(**Tip: A space with a lot of natural sunlight tends to help elevate moods.**)

Setting The Deadline

“How to Set Realistic Writing Deadlines?”

- Know your average word count.
 - Time how many words you can type over 15 mins, 30 mins, etc. to see how long you’ll need to complete “x” number of pages.
(**Tip: Avg word count per page = 500 words give or take**)
- Schedule “rest” days where you do ABSOLUTELY NOTHING like your 9-5. BURNOUT IS REAL. Give yourself buffer time.
- Know when and where you’ll write ahead of time and what your schedule will allow. (Your actual schedule may only allow an hour of writing a day/ Also know when you work best. Ie. Morning or night person)
- Break project into smaller tasks.
 - Outline- spend a day to create a clear structure or set specific goals each day.

Setting the Tone

“How to Write from an Empowered Space?”

- Own your new level of self-awareness by having on going conversations with yourself, maintaining boundaries to protect your peace and avoid spaces/people that tend to trigger you.

- Remember YOU ARE IN CONTROL of your life. You have authority of your inner world. Stay in your power. **(Tip: Write from wisdom where you can)**

- Connect the lesson to your soul experience and why you needed it. Not the pain of it. **(Tip: Connect the pain to gratitude if possible- what have you gained from experiencing what you experienced)**

- How does this work move you forward? What is your message offering?

Setting the Brand

“How to Build an Author Brand?”

- How did you get to this point of writing your book, project etc. **(Tip: what life experiences led you to this point? – this is what people will find resonance with BEFORE THE PRODUCT)**

- Who are you doing it for? Who will your work help? Is it God-centered?

- Be consistent with being in ALIGNMENT with yourself. **(Tip: If it feels good for me, if it feels in alignment with what God has placed on my life and in my heart, the right people will gravitate. Stay the course)**

- What value are you offering? **(i.e., Escapism, an experience, solving a problem, healing)**

Reminders

- Not everything works for everybody. Take what resonates, find what works best for you.
- Write for yourself. Do not write for the opinions of others.
- Be consistent.
- It's okay to adjust and switch gears. Let your work evolve, just as your process will.