**Salve Soul’s “How-To’s of Writing”**

***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.

[ ]  Curate heart openers that help you ground down.

* Music playlists for writing **(pen flow available via Apple music by “thierra walker”)**
* Reread pivotal books **(Some favorites: Alchemist, Untethered Soul, Seat of the Soul, Days After Your Departure, Love Freedom Aloneness, Black Girl Call Home)**

[ ]  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.

[ ]  Know when and where you’ll write ahead of time.

# 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)**

# 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?

☐ Be consistent with becoming known for something.
(**Tip: I write books, host workshops, have a second business, post voice over videos, post health related things etc.- but they all are consistent with ONE THING THAT IM KNOWN FOR, and that’s words/writing. Writing and using my words for Encouragement, writing about wellness, writing about love, hosting workshops about writing, etc.**)

[ ]  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.