

DEVELOPING A WRITER'S MINDSET

This exercise is for you if you're asking "Who am I to call myself a writer/author?"

These 10 questions are based on 10 Rules You Need to Follow to Become Extraordinary in "The Code of the Extraordinary Mind" by Vishen Lakhiani, adapted to developing a writer's mindset.

1

Are you waiting for permission, or following others' rules or expectations of you? What would happen if you ignored those rules?

2

What other rules or beliefs are holding you back from calling yourself a writer? Do these beliefs serve your future growth, or preserve the status quo to keep you "safe"?

3

How do any limiting beliefs and rules influence your writing behaviours and habits? Would your beliefs change if your habits changed, or do you need to change your beliefs first?

4

How might you rewire your beliefs and adopt new rules that support your future growth instead of preserving the status quo to keep you safe?

5

How might you upgrade your writing habits and behaviours to support your new, consciously chosen beliefs and rules?

6

How might you maintain your new, consciously chosen writerly beliefs and rules until your habits and behaviours become your new unconscious status quo?

7

How might you maintain the discipline to persevere with your new writing habits and behaviours until your new beliefs and rules become your unconscious status quo?

8

Imagine your life as a writer. Can you describe what that would look and feel like in detail? How will your life be different than it is now?

9

What can you do today to step into this vision of your future self?

10

What is your writer's quest? What contribution will you make to the world? Why is that important?