

How to Start Writing a Book: 7 Steps to Become an Author Fast

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Writing a book is intimidating.

When you're not sure where to start, it can paralyze you. But we have the best top steps to start writing a book today so you can become an author!

Beginning the process of writing a book and presenting it to a worldwide audience is very exciting but also a little scary – *especially if you mess it up and end up making a fool of yourself.*

It's a fear we all have, trust me.

You have amazing book ideas that you want to share with the world, and you're more motivated than ever to educate your readers about them!

But once you begin, you may realize that writing a book is hard work. There are many obstacles that can prevent you from writing and can create stress leading to anxiety.



For example, you may find yourself in front of a blank page unable to type and thinking of stressful questions like:

- “How do I even start writing a book?”
- “Do I need to blog first?”
- “Should I start without an outline?”

Writing a book shouldn't be this hard! But many get overwhelmed **because they lack a writing process.**

How to Start Writing a Book Step-by-Step

If you're feeling demotivated when it comes to **starting your book**, you're not alone. Writing can still be one of the hardest parts for most authors even if they have been writing for a long time!

Fortunately, there are some extremely **effective techniques for how to start writing a book** and overcoming these hurdles.

These are the seven effective strategies to start writing a book as soon as possible:

1. Set up a creative environment
2. Develop a writing habit
3. Create an outline
4. Focus on only *one* project
5. Maintain your focus
6. Stay accountable with the "calendar" method
7. Deal with resistance

We'll cover what you can put into action to assure you show up with a game plan to get your thoughts out of your head, down on paper, and into the minds of your readers.

Ready to start your journey to becoming an author? Let's go!

How to Start Writing a Book for Beginners

Believe it or not, writing a book isn't as difficult as it's made to seem. At least, getting started isn't.

We have a complete guide that will cover best practices to start writing a book asap – even today if you sit down and put your pen to paper, so to speak.

#1 – Set Up Your Creative Environment

One of the most important things to remember if you want to start writing a book is designing an environment that allows your creativity to flourish unhindered.

Create an environment that is designed to help you stay focused. Whether you prefer noisy environments or absolute solitude, it's up to you to determine which will get you into the writer's flow.

Here are a few ideas to create your ideal space for writing:

- **Have collections of inspiration.** Decorate your work area with inspiring quotes or pictures that house references to deep work.
- **Unclutter your space.** Create an uncluttered open space to help organize not only what you need, but also your thoughts.
- **Be Flexible.** Your creative space doesn't need to be one spot, it can be anywhere. Even your favorite authors have discovered their best ideas in the most unexpected places.
- **Buy a calendar:** Your book will get written faster if you have set goals for the week/day. The best way to manage this is by scheduling your time on a calendar. Schedule every hour that you commit to your author business. *What gets scheduled, gets done.*
- **Create a music playlist for inspiration:** Many authors can write to the sound of their favorite tunes. Is there anything that gets you working faster? Do you write better with deeper focus when listening to rock music or classical? Set up several playlists that you can use to get into the flow of writing.
- **Try Multiple Locations.** You won't know how creative you can be if you don't try different spots to write. Maybe writing from your bed is your ideal creative space. What about working in a noisy cafe? Change up your location frequently particularly if you feel creatively spent.

Action Step:

Spend 30 minutes to create your ideal space for writing. You will feel more inspired to show up and write.

How to Start Writing Tip	Execution
Minimize Distractions	<ul style="list-style-type: none">- isolate yourself from family/friends/even the family dog- remind everyone it's YOUR time- turn your phone off- close ALL web browsers- close your email
Get Comfortable	<ul style="list-style-type: none">- invest in a GOOD chair- or resort to using a stand-up desk for more energy

How to Start Writing Tip	Execution
	<ul style="list-style-type: none">- fill the area with motivational quotes- make sure you're physically comfortable for the next 30 minutes or an hour
Choose Beneficial Background Noise	<ul style="list-style-type: none">- turn off all sounds if it distracts you- turn on lyric-less music to help you concentrate- choose energizing music to help you focus

#2 – Develop a Writing Habit

The number one reason authors fail to publish a book is because they never finish the book they intend to publish. Why?

Because they didn't form a good writing habit.

Feeling overwhelmed when writing a book is natural, but you must remember that this journey always begins with the first page. And in order to write your first page, **you must take action.**

This is why having a writing habit will develop your writer's flow.

Your writing habit can start small. Don't overwhelm yourself thinking that you must write your every thought on the page. You can start with a few paragraphs, a sentence, or even just a word.

The purpose of this exercise is to commit to your writing session every day until it has become second nature.

Action Step:

If you don't have a writing routine already, get one started! Momentum begins by taking that first action.

#3 – Create an Outline

A clear outline provides clarity and direction to your story. It is also the roadmap for your book that keeps you on track and ensures you have all your ideas organized in a natural flow. And that's not even to mention that it helps you write a lot faster, too.

When you get stuck, you can always go back to your outline to find what comes next regardless of whether the book is 100 pages or 300 pages long. It will help you see the overall picture.

Before you write, spend some time creating your outline with these steps:

1. **Brainstorm:** List every thought and story idea you want in your book by **creating a mind map**.
2. **Organize:** Combine all related ideas together.
3. **Order:** Arrange ideas into subsections from general to specific.
4. **Label:** Create main and subheadings that will eventually be your chapters.

Action Step:

Spend a good portion of your time constructing an outline. If you want more on creating it, be sure to check out our guide.

#4 – Work Only on One Project

One challenge many authors experience is taking on multiple new projects when they should be focused on one because their minds are full of amazing book ideas. Although enticing, the division of attention can spread your energy thin producing bad writing or worse, failure to complete your book.

But don't worry. We've all experienced shiny new idea syndrome before!

There's only one clear solution to this problem: **Cut the clutter and focus on one project until it's finished.**

Be fully committed to your project by doing the following:

- Create an action plan that breaks down the entire project into realistic portions to complete.
- Set hard deadlines for each and every phase of your book.

- Learn to say “NO” to any additional projects no matter how intriguing they appear.

Action Step:

Create an action plan and commit to it. Learn to be selfish and practice saying “NO” often. It’s better to complete one book and get it right than to write two books with poor results.

#5 – Maintain Your Focus

Once you get into the flow of writing, you want to **remain focused** through the duration of your writing session. Any break to your concentration can set you back 20-30 minutes and disrupt your flow. We become less efficient when we are distracted, and it can end up taking twice as long to complete our writing.

Thankfully, there are very effective techniques that can help you remain centered and in the moment.

Leave the distractions behind by doing the following:

- **Create a writing schedule.** Schedule your writing for the same time each day. This conditioning will develop your writing habit until it becomes as natural as knowing when to brush your teeth.
- **Use the Pomodoro Technique.** This is a time management strategy that breaks down work into intervals separated by short breaks. With a clock ticking, you will less likely be distracted by email or social media.
- **Turn off your phone.** Your phone is the most addicting device that steals your precious attention. Don’t let it take that from you, turn it off.
- **Have a Task Management app.** Task Manager apps, like Todoist, helps you organize your tasks by their time and priority, so you know exactly what to do in what order the next day.
- **Disconnect from the Internet.** Want to ensure you don’t get distracted by email notifications, Facebook notifications etc? Disconnect your computer from the Internet and enjoy distraction-free writing time.

Action Step:

Experiment with each of these productivity techniques and optimize your writer's flow. By becoming a productivity expert, you will easily double your output and complete your book in no time.

#6 – Stay Accountable with the “Calendar” Strategy

Jerry Seinfeld is one of the most popular comedians of all time, and he attributes his success to his unbelievably strong writing habits. In the early days of his career, Seinfeld was asked how he managed to have such great content.

He said, “*The way to be a better comic is to create better jokes, and the way to create better jokes was to write every day.*”

Seinfeld used the “Calendar Method”, otherwise known as the “Don’t Break the Chain” method, and it worked like this:

1. Get yourself a calendar and hang it on the wall.
2. For each day you write, draw an X on the calendar for that day. By the end of the week, you should have a row of Xs at the end.
3. If you miss a day, start over and see how long you can go before breaking the chain.

If you can keep this chain going, you will have your book written faster than you can imagine.

Action Step:

Buy yourself a calendar and get started on the “Calendar Method!” Being held accountable will keep you motivated and not “Break the Chain.”

#7 – Deal with Resistance

Resistance is a common obstacle that holds us back from creating. It is a form of fear that intimidates you from writing and can throw you off your writer's flow. Everyone has encountered this awful feeling, but it doesn't have to defeat you.

Here are a few ways to deal with resistance:

- **Read morning affirmations.** Affirmations are powerful snippets of positive words that set the tone and atmosphere for writing. An affirmation could be a quote from a writer, a motivational speech from a public figure, or an inspirational video.
- **Free Flow for 10 Minutes.** Julia Cameron, the bestselling author of *The Artist's Way*, called these morning pages, and its purpose is to clear your mind of all the anxiety and junk rolling around in your head onto a piece of paper. Write anything. You don't have to edit, publish, or have a word count, it's simply a 10-minute exercise to clear out heavy thoughts and prepare you for a more productive day. This is best done with pen and paper instead of typing into a document with your digital device.
- **Exercise.** Exercising is not only good for your health but will help keep you mentally sharp. Working out will increase the blood flow to the brain which will sharpen your awareness and give you the energy you need to tackle your book.

Action Step:

Create a resistance plan! Figure out which methods best filter out the negative noise and get you to prepared to write.

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