

A hand holding a white permanent marker over an open notebook. The background is a light-colored, textured surface.

GET RID OF CREATIVE EXHAUSTION

W O R K B O O K

Start writing more!

SANDRAWICKHAM.COM

ABOUT THIS WORKBOOK

This workbook is a supplementary tool to Sandra Wickham's Get Rid of Creative Exhaustion and Finally Finish Your WIP workshop.

Showing up for the workshops is one step.

Taking what you've learned and implementing it is another, even bigger step.

Lots of times we hear something, even take notes and think yes, I will do this. But, then we don't.

This workbook will set you on a path of dealing with all the things holding you back from writing as much as you would like to.

I'm so proud of you. You've got this.

Remember, someone out there is waiting to read your words. Yours and no one else's. Because no one else is you.

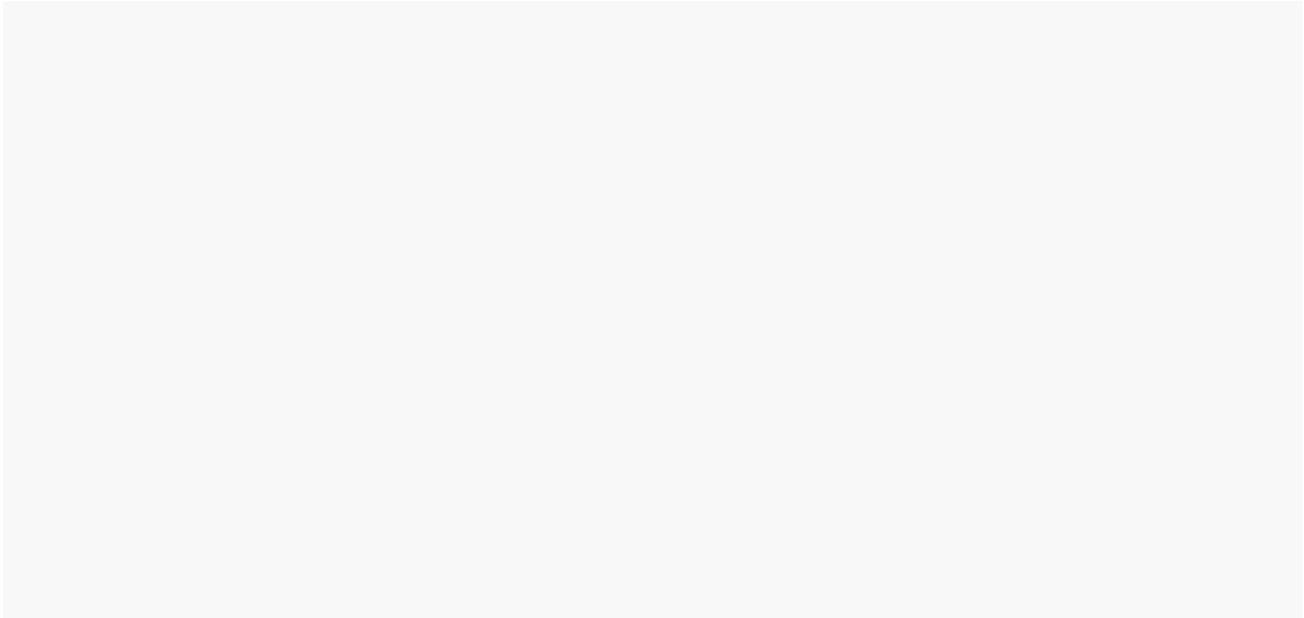
CONFIDENCE

How do you feel about your writing?

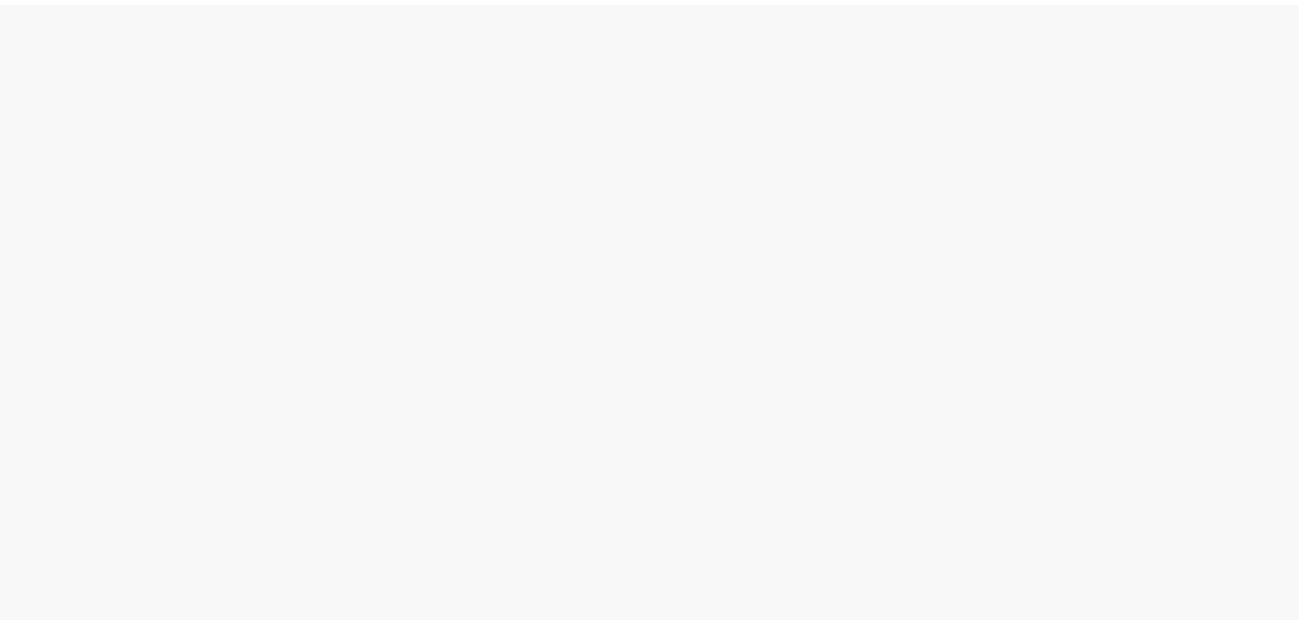
How can you increase your confidence in your writing?

VALIDATION

Do you find yourself seeking validation of your writing? Where?



What can you do to prevent that from happening?



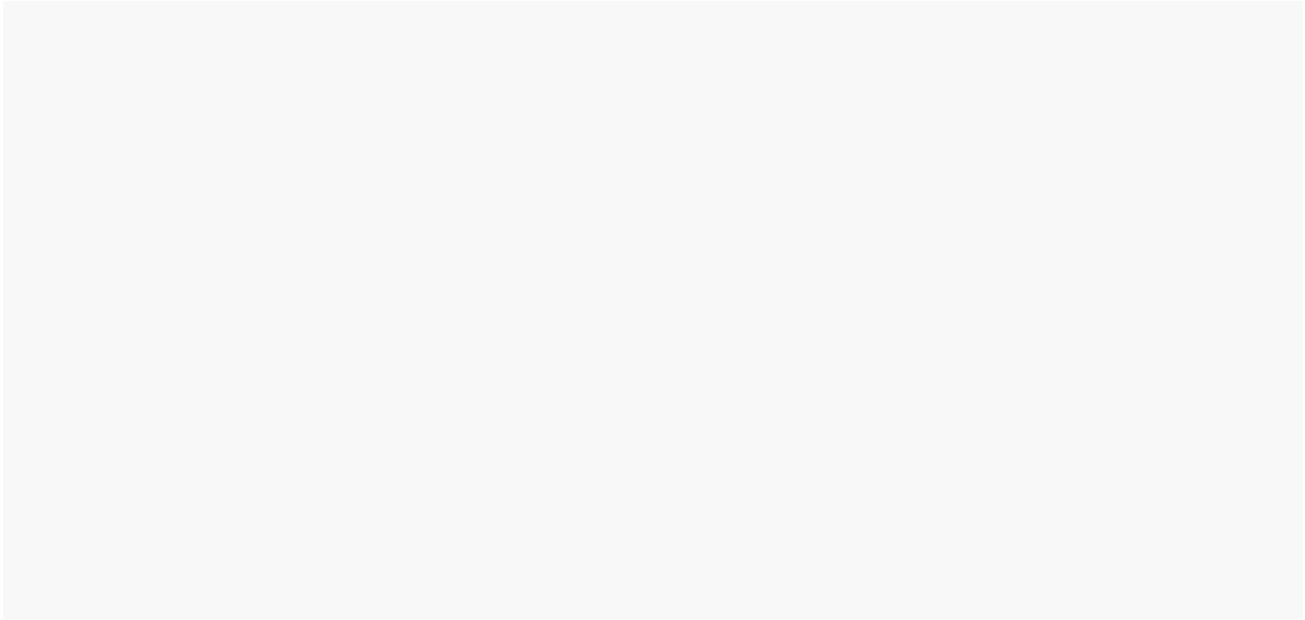
IMPOSTER SYNDROME

How is imposter syndrome holding you back?

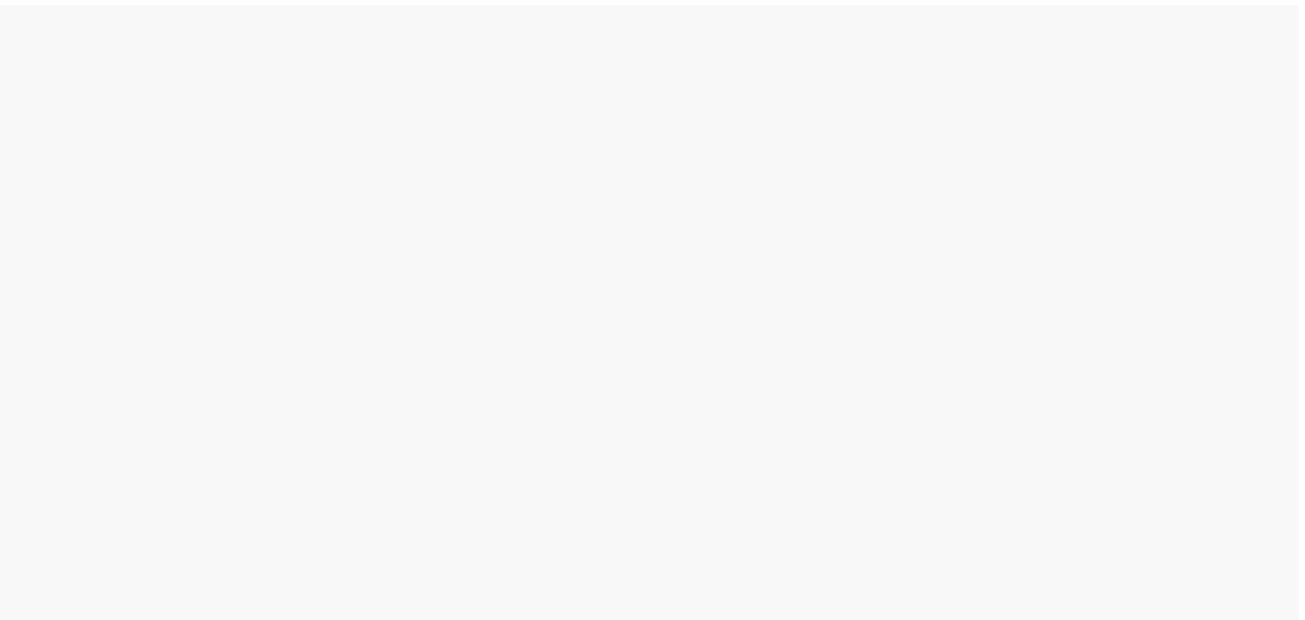
What can you do to combat imposter syndrome when it arises?

FEARS

What fears do you have about your writing?

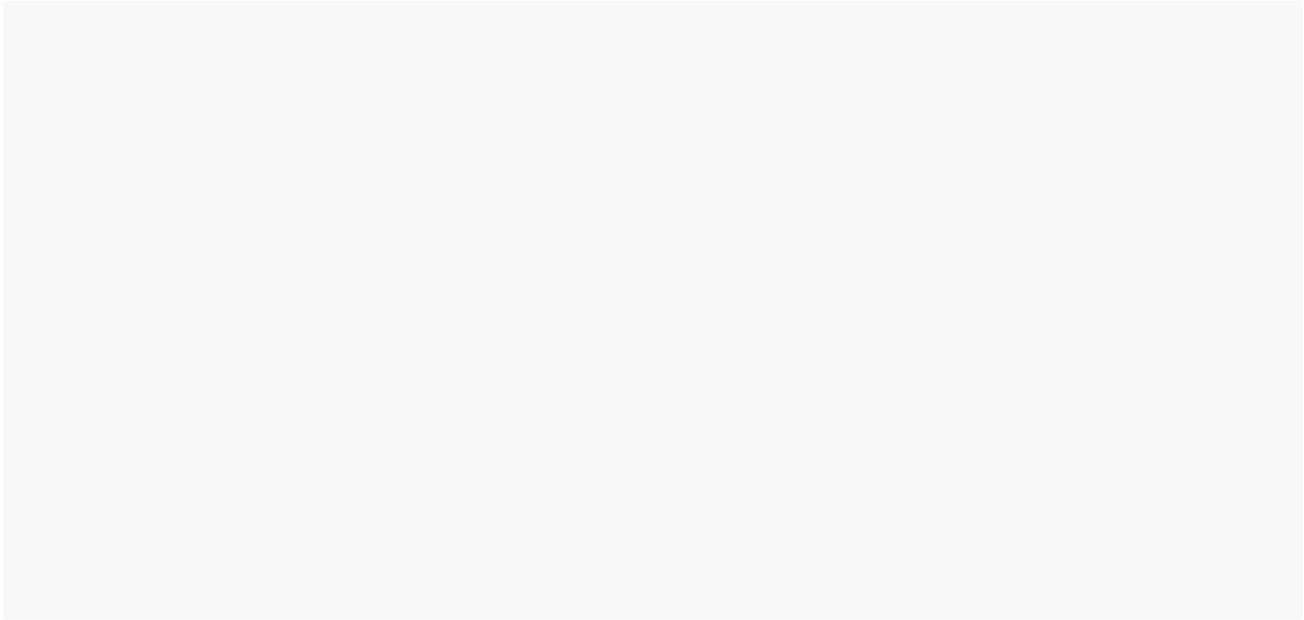


How can you deal with those fears?

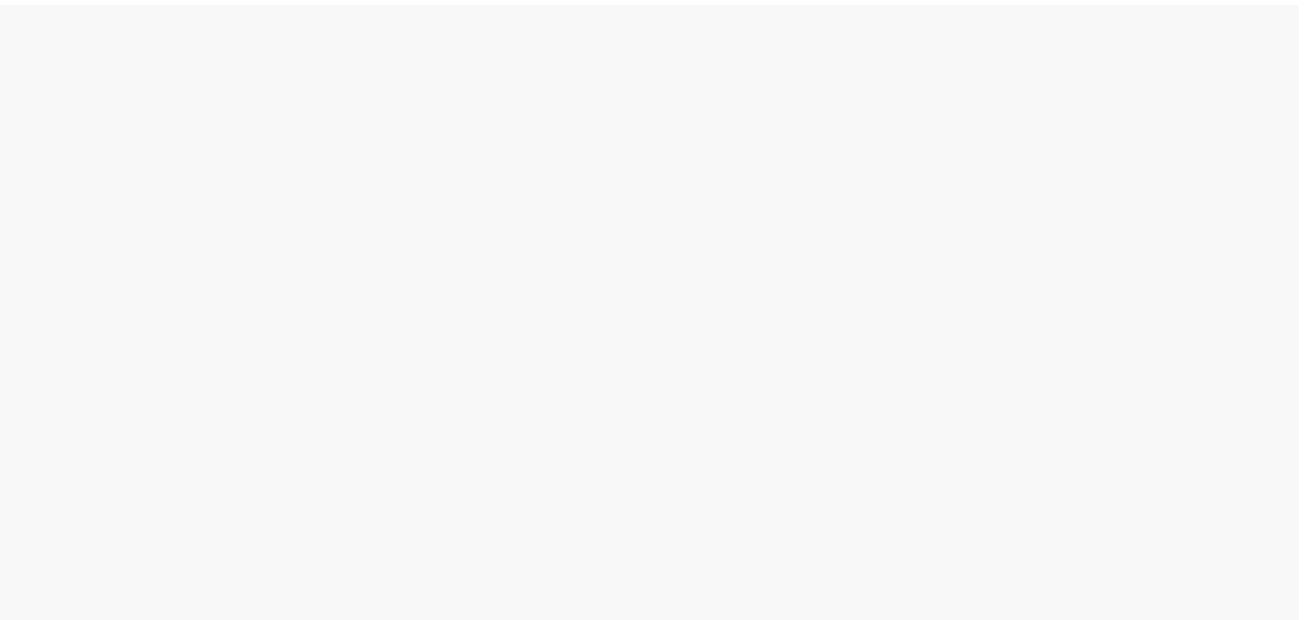


ENERGY

Do you have any stimulant crutches?

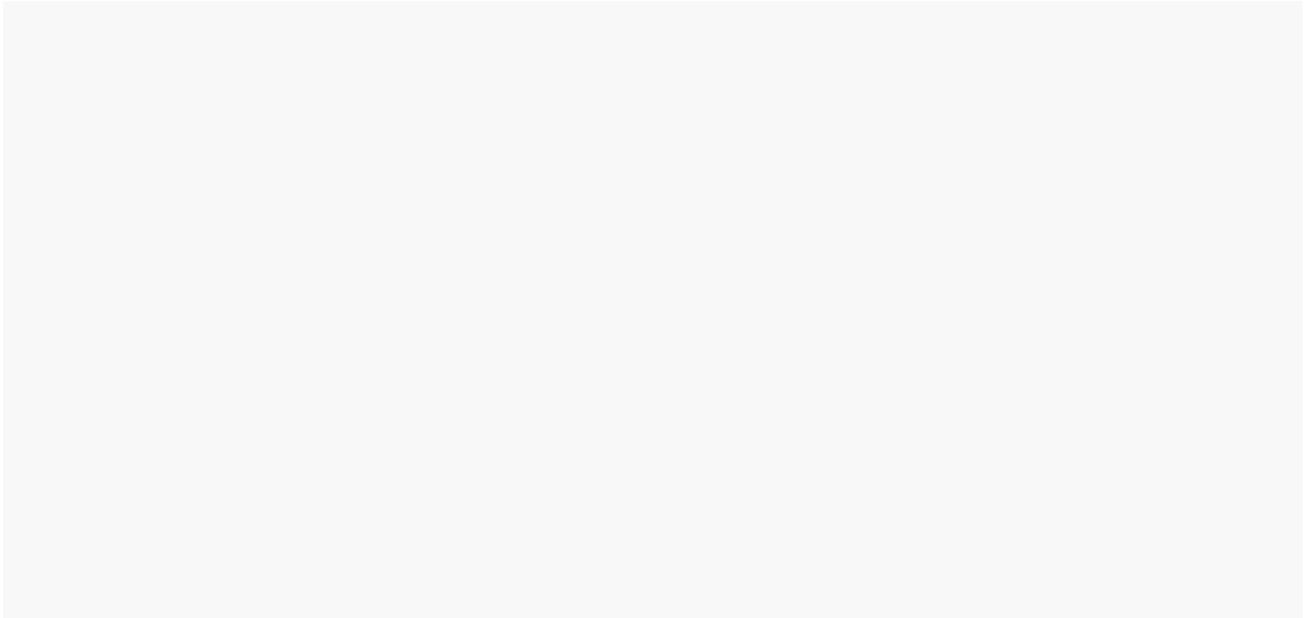


What can you do instead to increase your energy?

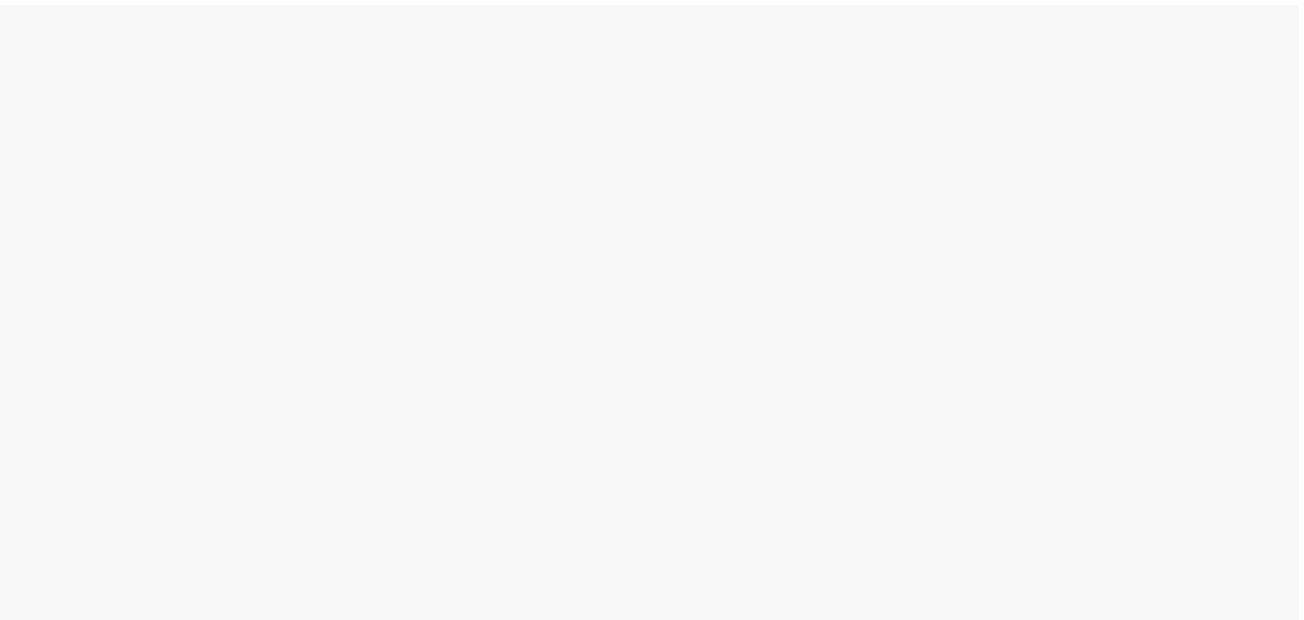


HARMFUL ADVICE

Have you ever taken advice you shouldn't have? What happened?



What can you do to prevent that from happening again?



PERFECTIONISM

Do you see traits of perfectionism in yourself?

Has this kept you from writing in the past?

What can you do to help overcome it?

NOTES:

FILL YOUR WELL

List ways you can regularly fill your well:

-
-
-
-
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-

NOTES:

OVERALL WELLNESS

Brainstorm ways to improve your overall wellness!

PHYSICAL ACTIVITIES

HEALTHY FOODS I LIKE

GET MORE SLEEP BY

FAV BRAIN BOOSTERS

Other things I could do for my overall health:

SET SOME GOALS

Set some goals, things you are going to start implementing and how you will do it!

Goal

Strategies

Goal

Strategies

Goal

Strategies

Goal

Strategies



NOTES

A large white rectangular area with rounded corners, serving as a space for notes. It contains ten horizontal lines, each composed of a dashed line and a solid line, providing a guide for writing.



THANK YOU

Thank you for investing your time with me.
I wish you all the best in your writing pursuits!

Let's stay in touch!

You can find me at www.sandrawickham.com

You can join our Feel Write Again Facebook group here:
<https://www.facebook.com/groups/feelwrite>

COUNT ME IN