Harnessing New Year Enthusiasm to Write your Book

You may have written a handful of books over the course of a few years without as much as a whisper of ‘writer’s block’. However, like with many other creative pursuits, we are all occasionally susceptible to a dip in motivation and drive whilst doing the things we love! What better time of year to embrace some enthusiasm for writing a new book, or picking up an unfinished story, than the New Year? After all, this post-Christmas period is seen as our time to reflect upon our lives and plan some resolutions for the better.

Ask anyone who is making New Year resolutions and they are bound to come up with the ‘same old, same old’. Don’t take these lightly, though. There are understandable reasons why these are on people’s agendas; namely for self-improvement and change. Think about how these could rev up your enthusiasm for writing a book:

- Improving your diet
- Doing more exercise
- Seeing more of family and friends
- Taking up a new activity or hobby
- Meeting new people

It goes without saying that an improved diet and exercise regime is good for the mind and increases concentration. You probably already find that you work at maximum ability and capacity when you are most alert and refreshed. If you’ve had a successful day in the gym and balanced meals you may well be experiencing a clearer mind than usual. Consider how this could be enhanced if you keep up the good habits for the long term. Perhaps you’re now in the mood to put pen to paper?

It’s not easy in our busy lives to see the people we want when we want. You’ve probably seen your family over the Christmas period and then thought that you should devote more time to them. The closest people in our lives spark the highest emotions and are without doubt a great inspiration for fictional stories, or more aptly autobiographical stories!

We don’t really have the time, but we feel the need for a new activity every year, don’t we? Well, why not? Taking part in something that is completely different to what we are used to, or even out of our depth, gives us new life experiences. And new life experiences provide new writing material! The same goes for meeting new people. Think of the choice of characters that could open up to you if you go out and meet them in person.

If your ideas leading up to Christmas are flagging, treat yourself to some indulgence over the festive period and then go into the New Year with a renewed sense of energy. Take the typical and regurgitated New Year resolutions and run with them!

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