

Writing Habit Tracker

INSTRUCTIONS: DON'T BREAK THE CHAIN! Your challenge is to write for 5 minutes every day. Each day you accomplish your goal, mark an X on the day. The more days in a row you do, the more you'll be motivated to not break the chain! Once this becomes easy, increase by 5 minutes until you can do 30-minute writing sprints.

VITAL STEP: IMPLEMENTATION INTENTION! In order to be successful in a writing challenge like this, and in order to help form a stronger writing habit, set yourself an implementation intention. When *exactly* will you write each day? Where *exactly* will you write each day? This takes the choice out of things. Your task is simply to show up at the appointed time and write. Ideally you should write at the same time and location every day to help set a pattern. Follow this template: "I will write at [TIME] for [LENGTH OF TIME] in [LOCATION]."

Your implementation intention:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

YOU GOT THIS!

We're Jon and Erika, a writer-editor dream team. We founded Bookends Writing Academy to help writers at all stages of the writing process. Our method for maintaining a regular writing practice will help you develop your writing craft. We've worked with hundreds of students and writers to help produce books of all kinds.

As writers ourselves, we've experienced first-hand many of the problems writers face, whether that's building a regular writing habit or breaking out of writer's block. One thing we've learned is that you can't succeed on your writing journey alone. Connect with us on social media to receive tips and resources for writers and to share your successful writing journey.



Connect with us!



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We usually hang out in the r/Writing subreddit.