

# Creative Solutions

For the Modern Writer

Harmony Kent

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For writers past, present, and future—keeping  
imagination alive.

*Books by Harmony Kent*

*Fiction*

The Battle for Brisngamen

The Glade

Finding Katie

Slices of Soul

Interludes

Moments

Backstage

Fallout

*Non-Fiction*

Polish Your Prose

Creative Solutions for the Modern Writer

Jewel in the Mud

*Coming Soon*

The Colony Series:

Exodus

The Colony

Upheaval

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All with many thanks.

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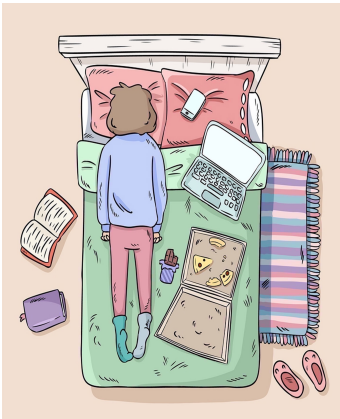


# Introduction

Hello, dear reader and fellow writer.

Harmony, here. It's lovely to meet you. This book is all about getting you writing and keeping you going, as well as offering aids to idea generation for your plots, characters, and story premises.

Before we begin (in the spirit of all great procrastinators) ...



## **Procrastination for Creative Writers: A Crash-Course**

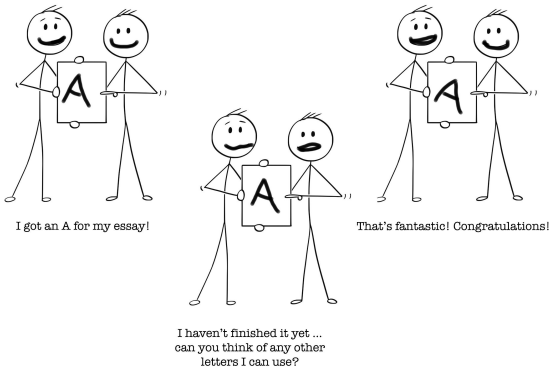
1. Pre-writing Rituals
2. Workspace Arrangement
3. Waiting for Inspiration
4. Stationery Choices
5. Snacks and Drinks
6. Utilising Social Media
7. Checking E-mails
8. Rearranging Workspace
9. Advanced Workspace Rearrangement.
10. Quick Nap ...

Apologies for the awful pun, but I'm sure for many of you, this bit of fun rings a bell or

two ... or three ...

Experienced author, editor, and proofreader that I am, I still experience occasional challenges in getting going and/or keeping going. At such times, I've found it's useful to have a few tricks hooked onto my writer's tool-belt. Even when we have a great idea and know what's expected of us, we can struggle to dirty that first, pristine, blank page

...



With the help of this guide, as well as adopting a regular writing practice and developing good habits, you will have plenty of tools to get you out of any imaginative rut.

To that end, I have made the first chapter all about what to avoid and what to pursue each and every writing-day of your week.

Why do I say ‘writing-day’ instead of simply ‘day’? The short answer is that most of us don’t have the chance, or the desire, to write 7 days a week. A lot of us are so busy that we can’t fit it all in, and we crave a rare day off. Of course, it’s completely up to you how many days a week you write.

While you can find many of these resources online, you won’t find the examples or pointers that I also provide here. And this handy little book brings all the different tools and writing aids together in one place for you in a concise and coherent manner, thus freeing up your time and energy for writing and creating.

Feel free to read this book through from beginning to end or use it as a toolbox to dip into and out of as the need arises. I sincerely hope this handy guide becomes a toolbox you can come back to time and again.

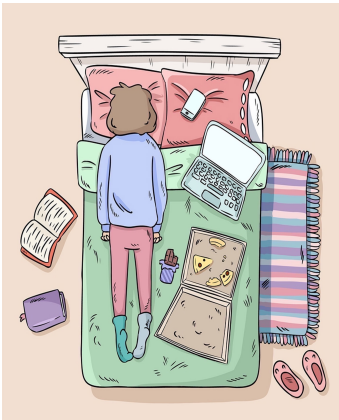
Happy Writing!

Harmony :)



# Getting Into Good Habits

So, back to that procrastination cartoon ...



## **Procrastination for Creative Writers: A Crash-Course**

1. Pre-writing Rituals
2. Workspace Arrangement
3. Waiting for Inspiration
4. Stationery Choices
5. Snacks and Drinks
6. Utilising Social Media
7. Checking E-mails
8. Rearranging Workspace
9. Advanced Workspace Rearrangement.
10. Quick Nap ...

If you want to spend your time sitting and staring at a blank screen (or page), then the above is the way to go about it. If, however, that's the last thing you want to do, then here are some tips for you ...

- To the best of your ability, set up a regular writing routine.
- To the best of your ability, set up a

regular daily routine. (For example; get up, drink coffee/tea/whatever, eat breakfast, shower, brush teeth, do hair, etc., and then switch on your computer/laptop/tablet or grab your notebook/writing pad.

- If you have the space, then designate a place in your home as specifically for writing. This helps to train your brain into entering writing mode whenever you sit in that area.
- Have a set time for checking emails and catching up on social media. After that, turn off your internet on whatever device you're using to write on.
- Switch off your mobile phone. Or, at least, set your notifications to silent. This avoids constant interruption from notifications coming from your email, Facebook, Instagram, and others.
- For each planned writing day, set a manageable word-count goal. In my newbie-author days, I used to write

until I ran out of words, but then a writing teacher showed me how this trains your muse to write to failure. And failure is never a place to stop at. It makes starting again that much harder. So, set your word count and stick to it, even if you're on a roll. Jot down an outline of your ideas and save them for tomorrow (or your next writing day) if you need to.

- While writing your first draft, you never ever write for anyone else but yourself. Your revised work is for public display, but not your first draft—that should only ever be for you. Likewise, don't edit as you write. Just write. There's a good reason for this: too much censorship will kill your muse. You do not want to kill your muse.

Which brings us nicely to chapter 2 ...

## *Where Your Muse Hides*



Where does your creativity come from?  
What are we talking about when we mention  
having a muse?

Personally, I've never experienced talking  
to or with my muse. It doesn't manifest that  
way. I found my creative flow after learning  
to meditate, and it was in that quiet mind that



I discovered what could be called my silent muse.

On YouTube, at the time of writing this book, you will find a great video about the split brain and its implications for the muse within. Please do take a look, especially the bit that talks about the brain telling itself stories! The video lasts for just under five minutes. Youtube has lots of great videos on the brain and personality.

[You can find it here: <https://www.youtube.com/watch?v=wfYbgdo8e-8>]

Or scan the QR Code:



In summary, we have two sides of the brain. The left is the logical, loud side that talks and talks. The right is the creative silent side. Our speech centre lives in the left side of the brain, hence its dominance in our everyday thinking mind, the one we are most aware of. So, how do we get in touch with our silent muse?

The trick is in getting your left brain to communicate with your right brain. You have to know what questions to ask your muse, and then the left, logical brain has to shut up and listen. It takes confidence to listen to your

creative, non-logical side. Though it's always there, we have a tendency to ignore it and simply not hear it. As you can see from my experience, the ability to sit quietly and 'Muse' plays a key part in tapping into the creative side.

Find a quiet place where you can sit and let yourself imagine. Daydream. As a young child, I spent my life daydreaming. So, I suppose, in one way, I've been listening to my muse for most of my life. Unfortunately, as a young adult, I let a lack of self-confidence get in the way and stopped trusting my muse. So, of course, I lost touch with that flow. It took a lot of years and lots of meditation to reconnect.

- Die-hard planners beware: Sticking too rigidly to your logical story plan is likely to kill your muse. So do allow room for diversion and digression as your writing progresses. That's your muse trying to get your attention. And your muse is where your best creative

ideas live.

- Die-hard pantsers beware: if you don't have any idea where you're going, you're likely to end up nowhere.

Can you see how a middle way is what is needed here? We need both planning and pantsing (flying by the seat of our pants) to write effectively. We have to use both left and right brain. Mutual exclusivity of one or the other leaves something huge missing.

So, imagine.

Think about a place or setting ... fill it with sensory input ... Romantic? Scary? Suspenseful? Supernatural?

Think about a person in that place. In your mind, become that person. Follow him or her around. What might he or she think and feel?

From time to time, ask your muse, 'What comes next?' ... 'What happens?'

Here is where free-flow (stream of consciousness) writing can come in useful—extremely so. Just sit and type out whatever