

# Overcoming Writer's Block: Real-Life Scenarios & Action Plan Worksheet

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## 1. Identify Your Block

**What type of writer's block are you experiencing?**

(Check all that apply or write your own)

- ☐ Stuck on a specific scene or chapter
  - ☐ Overwhelmed by perfectionism
  - ☐ Burned out or unmotivated
  - ☐ Plot feels stuck or predictable
  - ☐ Distractions and interruptions
  - ☐ Other: \_\_\_\_\_
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## 2. Action Steps to Try

**Based on your block type, use these strategies:**

Block Type	Suggested Actions
Stuck on a scene	Skip it and write another part; jot a rough summary; return later
Perfectionism	Freewrite without editing; set timed writing sprints; accept first drafts are messy
Burnout/unmotivated	Take a break; practice mindfulness; do something creative or relaxing
Plot stuck	Brainstorm "what if" questions; try storyboarding; get feedback from a writing partner
Distractions	Create dedicated writing space; use focus apps; set clear boundaries

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## 3. Brainstorming Space

**What ideas or solutions can you try to overcome your block?**

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## 4. Set Your Writing Goal for Today

Choose a manageable target (word count, time, or pages):

- Word count goal: \_\_\_\_\_
  - Time goal: \_\_\_\_\_ minutes
  - Pages or scenes: \_\_\_\_\_
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## 5. Reflection

After your writing session, answer:

- What helped me get unstuck today?
  - What felt challenging?
  - What will I try next time if I get blocked again?
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**Keep this worksheet handy to track your progress and develop personalized strategies for overcoming writer's block!**