

Companion Workbook Content (Printable + Fillable PDF)

Title: *Your Resilient Writing Routine: A Guided Workbook for Uncertain Times*

Sections:

1. Routine Builder

- What time do you currently wake up? ____
- Ideal wake-up time for creative energy? ____
- Morning rituals to try (checklist):
 - No phone before coffee
 - Free-write for 10 minutes
 - Stretch or meditate
 - Read something inspiring

2. Creative Energy Tracker

- When do I feel most focused? ____
- What activities drain me? ____
- How much energy do I have (scale 1–5)? [] AM [] Midday [] PM

3. Distraction Audit

- What tends to interrupt my writing?
- News
- Family/roommates
- Social media
- Self-doubt
- Action plan to reduce distractions: ____

4. Write Your Own Plan

- Morning routine:
- Writing time(s):
- Break ideas:
- Evening wind-down:
- Sleep goal:

5. Emergency Reset

- If I miss a day, I will:
→ ____
- When I feel overwhelmed, I can:
→ ____
- Encouraging message to myself:
→ “____”