

How to Get Unstuck

(Excerpted from *A Writer's Book of Days* by Judy Reeves)

1. Take a walk.
2. Take a shower.
3. Take a long, luxurious bath, with music, candles, bath salts.
4. Wash the dishes. Or work in the yard. Sweep the porch.
5. Take a nap.
6. Try starting again (from a different place, point of view, time, setting).
7. Rewrite what you wrote before.
8. Copy pages of someone else's writing. Especially a writer you adore.
9. Kick around your ideas with someone else, maybe someone who isn't a writer, but a good reader.
10. Get in a writing group.
11. Change your place of writing (get out of the house, stay home, go to a cafe).
12. Change the time of your writing.
13. Change your clothes.
14. Set a deadline (a page a day, a scene by tomorrow, rough draft by Tuesday).
15. Remove a deadline.
16. Use free-writing, stream of consciousness, write nonsense.
17. Write your favorite words, then make sentences with them, then paragraphs.
18. Go to a poetry reading, just to listen.
19. Listen to music. Make music.
20. Go to a museum, a gallery. Look at art. Make art.
21. Read poetry aloud or listen to spoken-word CDs or stories.
22. Read a book you've been meaning to read. Reread a favorite.
23. Take a long, literary breath. Write a single sentence for seven minutes or longer.
24. Write in your journal.
25. Meditate.
26. Go to movies, rent or download a DVD. Create your own film festival of a favorite star or director or screenwriter or writer.
27. Work on another project (writing or otherwise).
28. Write a letter to someone describing your problem.
29. Let the piece cool off. Come back to it in a few weeks or months.
30. Notice the details. Look out your window and write what you see.
31. Start with one concrete detail and follow where it leads.
32. Plant some flowers. Work in the garden.
33. Light a candle, say a prayer, request a dream.