




Hi graduate friends,

Even though writing is a major component in graduate studies, many students report a fear of writing, a feeling of being stuck, or a lack of motivation to start. These feelings are all very common, especially when you don't particularly enjoy the task of writing, or the topic you are writing about. If you decide to wait until you're in the right mood, that day may simply never come.


Tracking your writing is a great way to create motivation to write. Try to add regular times in your calendar for writing. Now, based on your current habits and preferences, here are two simple ways to track your writing.

- Track whether you wrote at all. If your goal is to write every day (or every other day, or...), you can simply write a yes or no in your calendar to track your behavior. It doesn't have to matter how much you write, how good you write, or even what you write about (especially when you're trying to overcome a fear of writing).
- Track how many words you wrote. If you're over the fear of writing, or you want to quantify and visualize your progress in more detail, add the number of words you wrote in your calendar.

For example, on the fourth day of the week when you don't feel like writing, you might look back at all your progress this week and realize that you don't want to interrupt your flow of success and fall out of habit.

Mon	Tue	Wed	Thu	Fri
Yes	Yes	Yes	I'm not in the mood but I'll write to keep up my good work! 	

Or vice versa. On the fifth day of the week when you see that you have done 0 writing in the previous days, you might start to feel the pressure and push yourself to start!

Mon	Tue	Wed	Thu	Fri
0	0	0	0	I'm going to stop this today and write, even if it's only 50 words! 

This could be the start to building a writing habit that could save you from many sleepless nights and unnecessary troubles. If you find that you struggle with reading more than writing, go ahead and try tracking your reading habits instead. Experience and explore how tracking and visualization can impact you, both consciously and unconsciously.

Best,



Aldean Ellis (he/him), from your [Learning Development & Success team!](#)

GRADUpdATE is a monthly e-newsletter dedicated to helping students succeed in graduate school. This information is provided by Learning Development & Success, Room 4100, Western Student Services Building, Western University, Canada.

Reference:

Silvia, P. J. (2007). *How to write a lot: A practical guide to productive academic writing* (1st ed.). American Psychological Association.