

Hello, I'm Becca with R. B. Wolf Editing, and today we're talking about the 10-day break up: how to take a break from your writing, be re-inspired, and how to dive back into writing after the break.

I'll be honest, this title always makes me think of one of two things, either this movie:

[how to lose a guy in 10 days img]

Or this iconic scene from Friends

[we were on a break!]

In this video my goal is to have some fun. And hopefully get you into a place where you're not feeling GUILTY about taking a break from writing.

Instead, I want you to ENJOY a time of rest, and then end your 10 day break by jumping back into writing full steam.

The reason I recommend taking a \*BREAK\* from writing when you're feeling drained, is because as a writer, or artist in general, inspiration is essential to your craft.

And yes, elsewhere I have quoted Jack London who famously said, "you can't wait for inspiration," and I do still hold to that. The thing about the 10-day break up is that we're not sitting around WAITING for inspiration. We're going after it.

While you're resting and recharging from the writing you've done and poured your heart into, you're actually going to be CHASING DOWN inspiration at the same time. And you can literally do this from your couch, your bed, or from your favorite comfy chair with a blanket and a cup of cocoa.

During your 10-day break up, all I want you to do in your free time, is to consume content that inspires you. I'm serious. This can be done from the comfort of your own home, or it could include some fun family excursions too. Here are some ideas:

- Going to the library or bookstore, reading the backs of books and enjoying a quiet moment.
- Going to a coffee shop, getting your favorite beverage, and sitting down with a comfort read.
- Watching motivational videos to remind you WHY you're doing this in the first place, and if you don't know where to start, you can always start with my FREE AUTHOR BREAKTHROUGH Mini-Series, the link is below, where all I talk about is you and your book, and how to get excited about writing.

Here are some more "let's get inspired" ideas:

- Going to the movies, and watching a movie you've been dying to see.
- Curling up under a blanket at home and re-watching episodes from your favorite tv series.
- Watching your favorite movie in bed, and letting yourself feel all the feels.
- Re-reading your favorite book as you wind down each evening.
- Listening to songs, or a music album that inspires you.
- Engaging in a different type of art, whether it be playing an instrument, painting, sketching, photography, dance, gardening, you name it!
- Going to an art museum, the zoo, a botanical garden, the beach, a park.
- Going for a scenic drive
- Stretching, or yoga, or working out to help clear your mind.

Literally the options are endless. And during all that time, I DON'T want you to think about your book.

Okay, so, if you think about your book that *is* okay, but just remember that the goal is to try and let your brain rest. Don't try and figure out how to fix that one plot hole, don't try and figure out how to develop that one character. If anything, if you have a question about your story that you just CAN'T stop thinking about, pull out your phone, pull up the NOTES app, title it: "Manuscript Questions," and leave your question or thought there, and then leave it alone. Don't elaborate on it, don't try and fix it. For 10 days.

The reason for this, is because taking time to be inspired is CRITICAL to the writing process. It's what keeps you going when you're feeling empty, it reminds you of why you're pursuing your dreams, and it helps you visualize the future you want to create for yourself.

Okay, now I'm going to be a little vulnerable and share some of the ways I like to recharge when I'm running dry on inspiration. As a reminder, this is a judgment free zone.

[photo playing bass] (different form of art)

[LOTR books / Narnia / Silmarillion / American Assassin / Calling on Dragons] (my comfort reads)

[Artful Dodger / Lockwood & Co / Teen Wolf] (my comfort tv show)

[The Forger / Love & Monsters / Venom / The Breakfast Club / Pitch Perfect / Oceans 11] (my comfort movies)

And whatever it is for you, don't be ashamed of it. The whole point of this process is that you get to engage in what YOU want. And if you're part of a big family where you're often having to do or watch what others want to do or watch, talk to them. Tell them about your 10 day break.

Ask them to support you in getting to have the time either to yourself, or with them to be re-inspired. It's only 10 days, and it could lead to some fun family outings, or fun movie nights at home, depending on what works best for you.

Now, once your 10 days are up, there's one extra credit assignment you can do. Take 10 minutes to journal about your 10-day breakup. Write about what you did either by yourself or with your family or friends. And if you just binge watched 5 seasons of your favorite tv show, then write about that. Write about how it made you feel, about your favorite characters, or favorite plot twists; what aspects of the show you loved and what you loved about them.

Now, it's time to turn back to your own story. After your 10-day break up, I recommend getting back into the flow of writing by starting in one of these three places:

- If you're ready, dive right into a 7-minute speed write, and pick right back up where you left off with a 25 minute writing session. It might take a couple sessions to get back into your target word count range, but that's okay. See how it feels after taking time be re-inspired
- Or, a different place to dive back in, if you're feeling a little lost, start at the beginning. Go back to the first video of this series, idea stretching & idea stacking, and do that some more for your story, see what new ideas you come up with, even for already existing aspects of your story, and go from there.
- Lastly, another place you can start is as a FREE bonus to this course I've included digital copies of my very own World Building Guide & Workbook. If you want to start working on your story but you're not quite ready to start your writing sessions yet, check them out. The Guide is pretty extensive, has 2 different parts, including Character Development Rubrics and a bunch of other fun ways to go deeper with your story. From there you can move on to idea Stacking & Stretching, or straight into the 32 minute writing sessions.

Wherever you are, you're right where you're supposed to be. I always love to hear from fellow writers, so even if you're struggling, send me a DM and let's talk about it.

And if you're doing great right now with your writing, feeling motivated and on track, I want to hear that too! Share anything from word counts, to writing wins, to your favorite aspects of your story.

If you're about to start your 10 day break up, I am so excited for you. Take a deep breath, relax, and if it's hard for you to give yourself permission to take a break, let me do it for you.

I give you permission to take a break from your story! I'll see you in 10 days.