

Hey! I'm Becca, editor, writer, and founder of R. B. Wolf Editing.

I'm here to tell you today that your voice matters.

*No one* has the same story as you. Don't believe me? Look around. Does anyone have ALL the same life experiences as you, the same perspective, the same reason for being?

There will be similarities with other people, sure. But the truth is, you are one of a kind. This means your story is one of a kind.

Sylvia Plath once said, "The worst enemy to creativity is self-doubt." And that hits home for me every time.

There's a common phenomenon, when you're feeling discouraged and unmotivated, that creates a mental block in your mind. Where you literally *cannot* think of anything creative for your story, and you don't have the energy to try.

I want you to know: The truth is that you *can* break through that mental block. Your action plan today will move you closer to that breakthrough.

Take a few minutes to think about what you love and what inspires you. Write down your favorite stories, tropes, songs, seasons, colors, animals, anything. Then, if you have time today, read something you love, or listen to your favorite artist, or even watch something (a movie, a show) that you find inspirational. Let yourself *pause*, and take in these experiences. That's it.

You'll be surprised how hard it is to let yourself *be*, to let yourself rest and be content. But when our minds are stuck in a negative rut, we need a reset. And hitting the pause button, focusing on something positive that we love, is a critical step in that process.

Always know that I'm rooting for you, and I'm with you every step of the way.

In the next video, we'll talk about WHY you started writing in the first place. I'll see you there!