

A small way back into writing

How to overcome writer's block: choose one task and leave a next step. Printable and fillable.

Use this sheet: Download and save a working copy. Type into the boxes in a PDF reader that supports forms, or print and write by hand. Keep answers within the visible space; continue longer writing in your manuscript.

A ten-minute option: Spend one minute choosing the task, two minutes naming the pressure, five minutes drafting a response, and two minutes recording the next action. Adjust the time to fit your day.

The task in front of me

A request, response, discovery, scene decision, or short revision question.

What makes it difficult?

Is the problem an unclear aim, too many options, correcting too soon, missing information, or limited time?

A small attempt

Draft a few lines or list two plausible responses. Use a note for a minor detail to check later.

My return note

What changed or became clearer? What will I do next?

Find the next move in your scene

Complete the four prompts, then draft the character's response. A quiet choice can change a relationship or a plan.

Original example: Rosa wants a curator to delay signing an archive inventory. He needs it to release exhibition funds. She reports a missing recording; he delays signing and asks her to contact the donor. The next scene has a concrete task.

Aim

What does the viewpoint character want from this encounter?

Resistance

Who, what, or which conflicting priority makes that aim difficult?

Response

What does the character say or do? Choose a response that fits them.

Consequence

What changes? What action follows from that result?

Want guided exercises for five different writing problems? *Get Writing Again* is the optional 28-page paid workbook from Publish Smarter. This two-page sample is free to use for your own writing projects.