

CHRISTI KRUG'S
CREATIVE PROCRASTINATION



9 WAYS TO AVOID WRITING AND STILL GET AHEAD

Fact: none of these tips involve actual writing!

Because procrastinators have unreasonably high expectations . . .

- 1. Take one ridiculously easy step.** [SARK](#) calls these “micro-movements” and they can be as small as sharpening a pencil. A therapist recommends placing your tennis shoes by the front door breaking the cycle of not exercising. Have fun with this.

Write it down. Check it off.

- ✓ *Open notebook to next blank page.*
- ✓ *View the last paragraph I wrote.*
- ✓ *Read one page of a research book or source.*

Because procrastinators avoid their work and disconnect from it . . .

2. Connect physically to your writing.

- Print out a phrase from your work and wear it - in your hat, pinned to your shirt, or as a paper bracelet.
- Print out a chapter or section and highlight favorite parts in yellow. Draw sun or star symbols above favorite words.
- Copy a line of your writing on an old T-shirt and wear it.

- d. Print out your entire book and put it next to your plate at the table. At mealtime, read part aloud to yourself or your family.

3. Connect mindfully to your project.

- a. Set a timer for five minutes in which you sit and allow your thoughts to dwell on this project. Don't let it bother you whether the thoughts tend to be positive or negative, just notice them. When your mind wanders, bring it back to any aspect of it. .
- b. Sit down to read a page or two of your work. Make sure you're in a very comfortable position and can relax. Now as you read, don't focus on the words but scan them while focusing on your breathing. Take deep, full breaths that fill your belly.
- c. Record yourself reading what you've written, or just talking about your idea. Listen to this while going for a drive or taking a walk.

Because procrastinators blank out the awareness of their tendencies . . .

4. Keep a Procrastination Notebook.

When you discover you are procrastinating, write the date, time, project and circumstances. Write down your feelings. Don't judge why you're procrastinating or scold yourself in any way. Track for a month.

Because procrastinators think they can only move their writing project forward by writing . . .

5. Create other materials.

- a. Draw or doodle a phrase from your work.
- b. Make a map for a setting within your work.
- c. Make a list of traits for one character.
- d. Make a list of senses you used in a page of writing.
- e. Make a glossary of interesting words you've used or may want to use.

Because procrastinators can stress out and stop having fun . . .

6. Have fun around your project.

Go on a field trip that connects to your project. This may be a remote connection, as long as you think about your project off and on throughout the day.

Because procrastinators relax in the beginning and go into panic mode close to deadlines . . .

7. Prepare for crunch time.

Work on ordinary daily commitments to get them out of the way. Do chores, errands, cooking, whatever, to a more efficient and higher degree, and let yourself enjoy this as flex time. Be a time traveler.

Because procrastinators have a hard time visualizing a positive outcome . . .

8. Create physical tributes.

- a. Make a shrine. Arrange notes and printed drafts of your project on a table or shelf. This should be a location you pass many times a day. Surround with items that connect with the story. Add an item every day, and as you do, think about what draws you to share this with the world.
- b. Start a collection. It could be art, feathers, paper clips - anything that can be a symbol of your story. I collect pea pods that show up in jewelry and art and remind me of my Princess and the Pea retelling.

9. Start a new project.

You were taught *never* to start something new without finishing the first project. Yet when [Robert Frost](#) wrote his famous poem, “Stopping by the Woods on a Snowy Evening,” it was after an all-nighter laboring over a completely different poem, “New Hampshire.” He switched gears, and the *Woods* poem emerged like a “hallucination,” and took him “a few minutes without strain.”

It might be that your current project is merely the thing to keep you in the game. Switch to something else, and you may find your work of genius, effortlessly.