

# June Writing Tips & Soul Care for Writers

*Edie Melson + DiAnn Mills*

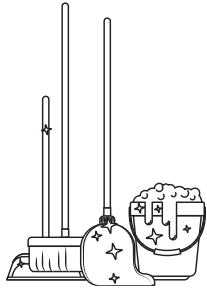
Spring has arrived and summer is close on its heels. Because of that, our thoughts tend to turn toward cleaning out and sprucing up. Writers can also benefit from a little spring cleaning, so here are our tips to help you get organized for the next half of the year!



## *Spring Cleaning Soul Care & Tips for Writers*

- 1. Renew Your Commitment to Time with God.** For us, this one is the most important thing we do. It's as easy to get in a spiritual rut as it is any other kind. But when our time with God is a priority, all the other parts of life fall into place.
- 2. Evaluate Your Priorities.** Working writers have changing priorities. For us, spring means an emphasis on getting ready for the Blue Ridge Mountains Christian Writers Conference. Sometimes that's in addition to other publishing commitments.
- 3. Spruce Up Your Writing Schedule.** We both prefer to write on a schedule. And while we try to stay consistent, sometimes life causes a shift. So look at your ideal wish for when you write/edit/blog/market. Then take a look at what's realistic. Make the changes needed to *reduce* stress, not add to it.
- 4. Clean Out Your Office.** Papers, books, old research paraphernalia, even worn out pens congregate in a writer's work space. Periodically it's time to toss out what you're not using, what's not working and reduce the clutter.





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## *Spring Cleaning Soul Care & Tips for Writers* *(continued)*

**5. Find Time to Rest—REGULARLY.** Yes, these two Type-A personalities are advocating regular rest time. The truth is we have both learned recently that there are unwanted consequences to burning the candle at both ends.

**6. Change Where You Write.** We both have home offices we love. But sometimes it's fun to change things up. Edie likes to move to her beautiful back porch, and DiAnn goes outside by the pool. Often a change of scenery can lead to a new burst of Inspiration.

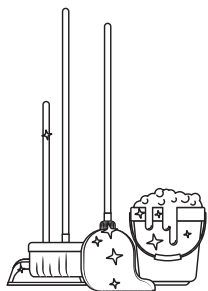
**7. Get Rid of the Guilt.** Be honest, when you read those words something popped into your mind. We all have situations where we wish we'd done better. Take a look at what you'd change, resolve to do better and *move on*. We cannot make progress in any part of our lives if we're rehashing old mistakes.

**8. Try Something New.** It's easy to get into a writing rut. If you write long fiction, try flash fiction. If you write articles, try out devotional writing. An if you're stuck, taking a few minutes to write a Haiku (form of poetry) is a great creativity booster.

**9. Take an Inspirational Fieldtrip.** It could be a short trip to a park or a place that inspires you. Or it could be a longer trip for research.

**10. Visit a Bookstore or Library.** Remind yourself why you write. Soak in the ambiance of a place filled with ink and paper.





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## Spring Cleaning Soul Care & Tips for Writers (Continued)

**11. Try Some Word Sprints with a Friend.** Word sprints are short bursts of time where you put words on paper or screen. You set a time limit—usually 20 minutes or less—commit to a word count goal and start the timer. This is something you can do in person with one or two other writers who meet together at a coffee shop. Or you can meet up online through zoom, text chat or social media.

**12. Flex Your Creative Muscles.** Get outside the creative pursuit of writing and try something else. Edie spends time with her camera, DiAnn likes to garden and cook. All of these creative endeavors help fill that well of inspiration.



*As co-directors of the Blue Ridge Mountains Christian Writers Conference and the Mountainside Publishing Retreats, DiAnn Mills & Edie Melson bring much more to the table than their combined half-century of writing expertise. They both exhibit a proven passion to equip writers today. Individually and together, they have encouraged thousands of writers as they stay true to the call of "changing the world one writer at a time."*

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