



Jump-Start Your Creativity After a Lull

by Edie Melson



Sometimes we stop writing because life interrupts us. Other times we stop because writing itself has hurt us. Either way, beginning again can feel much harder than we expect. You don't have to restart everything. You only need to take the next faithful step

After a Writing Disappointment

- Give yourself permission to be disappointed.
- Separate what happened from what you're telling yourself happened.
- Look for the lesson - but not too soon.
- Go back to something small.
- Remember why you started.
- Don't make permanent decisions during temporary pain.
- Borrow someone else's belief for a little while.
- Take the next brave step

♡ Visit disappointment. Don't move in ♡

When Life Has Interrupted Your Writing Routine

- Reevaluate your creative rhythm.
- Take an honest look at your calendar.
- Adjust what you can - and release what you can't.
- Make writing an actual appointment again.
- Stop waiting to feel ready.
- Pray before you write.
- Give yourself grace while you rebuild.
- Reach out to encouraging people.
- Celebrate small wins.
- Make writing enjoyable again.

♡ Flexibility is not failure. Sometimes we simply have to work within the season we're living in. ♡



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YOUR SIMPLE RESTART PLAN

♡ Choose one answer for each. Keep it simple. ♡

1. What interrupted or discouraged my writing?
2. What do I need to release?
3. What is one small thing I can write?
4. When can I make one realistic writing appointment?
5. Who can encourage or pray for me?
6. What is my next brave step?

♡ Starting again doesn't mean starting over. ♡

Every word you've written, every lesson you've learned, every disappointment you've survived, and every bit of creative stamina you've built comes with you. Begin with one sentence, one paragraph, one writing appointment, or one brave step.

♡ Your creativity hasn't disappeared. Sometimes it just needs a gentle invitation to come back. ♡



Edie Melson is an author, speaker, and photographer. Her blog, *The Write Conversation*, reaches thousands and has been on the *Writer's Digest Top 101 Sites for Writers* since 2017.

Her passion is to help others define their God-sized calling follow that path. She's the executive director of the Blue Ridge Mountains Christian Writers Conference and board member of the Advanced Writers and Speakers Association. Find her at EdieMelson.com