



Resistance vs. Bad Timing

Smackdown Quiz





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Regardless of the flavor of your particular writing crazy, the *excuses* reasons most writers have for not writing fall under two different categories. The first one is your basic case of writing resistance. The second is an actual problem we call bad timing. Many writing teachers will tell you there's no such thing as bad timing. They'll say that if you want to be writing and you're not, it's the evil machinations of resistance at work—always. As well-intended as such blanket statements may be, I don't think they're true. In my experience books get birthed on a schedule. If your due date is long past, you know it. But it's also possible that your due date is just not here yet, that your literary baby is gestating for good reason. The key then is to know the difference.

This quiz will help you discern whether the delay is bad timing or garden-variety resistance. Just answer “true” or “false” to each of the following questions and then check the key to see if your deferral is legit—or not.

1. **True or False:** I know what kind of book I want to write, I just can't seem to find the time to write it.
2. **True or False:** Whenever I do make it to my computer or notebook and write something, I feel like the writing flows.
3. **3a. True or False** (answer only if writing straightforward memoir or fiction): The story I want to write is complete; it already has a clear beginning, middle, and end.
3b. True or False (answer only if writing prescriptive nonfiction or teaching memoir): I feel really solid about how I'm going to structure the process, lessons, or guidelines in the book.
4. **True or False:** I feel like I could write this book with my hands tied behind my back, if only I would sit down and do it.
5. **True or False:** I worry that some people in my life aren't going to like what I'm saying—or what I'm saying about them— in the book.
6. **True or False:** I'm clear on the genre of the book I'm writing (prescriptive nonfiction, memoir, fiction, poetry, children's book, etc.). And, if I have multiple book ideas, I know which one I'm writing first.
7. **True or False:** There's a firm deadline by which I want to have a book or book proposal completed in order to take advantage of a particular opportunity (a writing contest, important holiday, major speaking gig, etc.).
8. **True or False:** I've always had this hunch that I'm supposed to write a book someday.
9. **True or False:** I definitely spend a chunk of my free time scrolling through Facebook or watching Netflix when I could be writing.
10. **True or False:** I've written part of my book, but every time I go back to it, I read, edit, or criticize what I already wrote instead of writing the next section.
11. **True or False:** If my kid, partner, or boss needed my help for an extra half hour a day, I would find the time, no matter what my day was like.



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Now, add up how many times you answered “true” and find yourself below:

- **0–2:** Looks like timing may not, in fact, be on your side. Your book is probably still cookin’ in there! Give yourself a break, wait for the right moment, and relax. If you really want to start your book now, consider working with a writing coach or editor who can help you launch the process and stay focused. (More on these editorial angels in Chapter 7.)
- **3–5:** Sounds like you’re almost ready to kick the writing into gear—but the timing may not be *quite* right. Still, it’s never too soon to strategize how you’re going to get this book written. Did you create that personalized writing plan in Chapter 1? If not, now may be a good time to get your intentions down on paper.
- **6–8:** Hmm . . . the pieces are definitely falling into place. You know what you want to write about, so the roadblocks standing in your way are probably more about fear than anything else. Sounds like resistance may in fact have her claws in you. The good news is that you’re in the right place: this chapter is going to give you everything you need to know to see, love, and release the resistance that’s standing in your way.
- **9–11:** All your little writing ducklings seem to be in a row, so I hate to break it to you: it sounds like you’ve got a serious case of resistance. No shame, my friend. What’s standing in the way of your book dream is probably a really important but unconscious fear that came online when you were super young. Read on to learn much more about how resistance works and how you can unwind the hold it has on you, starting today.



Going Deeper on the Writing Journey

If you'd like to go deeper into this journey to becoming an author, please **join Reid Tracy**, the CEO of Hay House, and **Kelly Notaras**, the Founder of KN Literary Arts, for their

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- Publishing industry secrets that can give you an advantage when looking to get published
- Practical information on how to stand out to an agent or publisher
- Tips on how to use the internet to expand your audience

If you're ready to take the **next step on your writing journey**, join Reid and Kelly for this inspirational challenge.

The webinars start on **Tuesday, January 24**, but you can **sign up now** and get access to additional resources to help you write, including a private, pop-up Facebook group that's only for members of this challenge. **Join us today!**