

371: Get Into the Writing Flow

10 Point Checklist

Lisa Papademetriou

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"I do believe that all of us have that creative spark in us for something. For me, it was writing and storytelling."

LISA PAPADEMETRIOU

10 STEPS YOU CAN TAKE TODAY

Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.

- Speak directly to the market that will be most receptive to my book. Reach out to the right people by making my writing speak to them in a way they can hear.
- Look out for redundancies — some things in my writing are similar in some way. Sometimes it takes more than one example to make a point, so don't feel self-conscious about including different examples.
- Outline my story. This will allow me to make it easier to finish. Having a working outline will help in revisions because as things change in the story, the outline can be referenced to ensure the changes are consistent.
- Understand the characters. Characters serve as the driving force in the story. The characters create and push the plot forward. Readers can experience the world that I've created through the characters, both from how the characters interact with their environment and how they view their environment.
- Spend time exercising my creative energy. Creativity allows me to view and solve problems more openly and with innovation. It also broadens my perspectives and can help me overcome prejudices.
- Stay conscious in the moment. Be aware of my thoughts and what I'm putting into the world — do it as positively as possible.
- Don't be afraid to write and share it with my family, friends, or a very specific small audience. Writing is worth doing because the process will allow me to learn so much.
- Be aware of what I put in my mind. Have the self-awareness to objectively evaluate myself, manage my emotions, align my behavior with my values, and understand how others perceive me.
- Don't allow distractions to fill up my time with thoughts and fears that don't give me anything substantive to work on. Instead, connect with the people around me and appreciate what's happening around me.
- Visit Lisa Papademetriou's [website](#) to get to know her better. Also, check out and try the [BookFlow](#) app. Use "**Optimized25**" as a coupon code and get 15% off for the first year.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/get-into-the-writing-flow-with-lisa-papademetriou/>