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You Are What You Write: Self-Motivation For Writers

By Lisa Collazo LCSW

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I love this quote by Virginia Woolf: "Every secret of a writer's soul, every experience of his life, every quality of his mind is written large in his works..."

I think Virginia Woolf intended for writers to understand that their work reflects who they are, where they have been, and what they will become.

Through an understanding of ourselves and becoming comfortable in our own skins, the process of writing becomes more spontaneous and uninhibited. When we comprehend our unique writing gifts, we are aided in creating great stories. We become more confident the more we accept and know ourselves.

When we tune into our needs and desires, we are more apt to free ourselves to use material from our own lives and the lives of those who enrich us. Our characters become richer and more complex as we open ourselves up to all that we know about the human condition.

So how does a writer begin? Start by looking at what motivates you as a writer. What keeps you coming back for more?

Some writers are driven by passion, others by fear, and even more are driven by both. What we wish for is also often what we fear. This plays out at an unconscious level for people all the time.

Screenwriters, for example, wish to sell their scripts, dream of seeing their work on the big screen, but may fear the success that comes with it. It is only natural to fear what we know little about. We are creatures of habit. Change is never easy no matter how attractive the outcome.

The danger that many writers face is becoming over-attached to the outcome while being less in tune with why they chose to write in the first place.

Here are some questions to ask yourself:

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1. When did you first discover that you wanted to be a writer?
2. Where were you?
3. What experience led you to make the decision to write?

If writers become aware that they are dreaming solely of fame and fortune when reflecting on the question "why do I write," then it may be time to search deeper within themselves to learn if writing is indeed what they are meant to do.

When we answer these questions and become more tuned into our needs, we can begin to reflect on what sustains and feeds our writer's soul.

Every writer has his or her own unique way of keeping the writing fuels burning. For some, it is simply a matter of maintaining a writing schedule and habitually sticking with it like brushing their teeth or eating a meal at a specific time. For others, it is important to be in the company of writers, whether it's a few writer friends, a group or a seminar.

There is no secret to maintaining your momentum as a writer. Whatever works for you will be the best choice.

The key to writing well is a deeper understanding of ourselves, what motivates us and what fuels our writing. When you find yourself struggling with the written word, reflect on what it means to be a writer and you will be back in the zone in no time.

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<http://www.writewhatyouknow.com>

I am a licensed clinical social worker and personal and professional coach who specializes in working with what Julia Cameron describes as "blocked creatives" in her book *The Artist's Way*. I help writers discover their authentic voice and challenge them to take risks with their writing.

Interviews with Well–Known Ezine Writers #2: – John Colanzi

By Michael Southon

MS: John, you must be one of the most prolific Ezine Writers on the Web – I see your articles nearly everyday in the article lists and in dozens of Newsletters. How long have you been writing Ezine Articles?

JC: I first started writing ezine articles around 1999.

MS: What are the main topics that you write about in your Ezine Articles?

JC: I mainly write two types of articles, (i) Marketing and promotion, (ii) Success and motivation.

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MS: John, how important have Ezine articles been in promoting your website?

JC: I sometimes use paid advertising, but my main method of promotion is writing and submitting articles.

MS: John, what sort of Articles have you had most success with? In your experience, what kind of Articles are most in demand?

JC: I get the most feedback on articles about success and motivation

MS: Some Ezine Writers promote a product or service in their Resource Box, while others aim only to get a subscription to their free Newsletter. What would your advice be for getting maximum results from your Resource Box?

JC: I usually promote my newsletter and free ebook in the resource box. Sometimes I promote a product, but mainly the newsletter.

MS: What have you found to be the most effective ways of getting your Articles published?

JC: Persistence. I've set up a weekly mailing to publishers. Most publishers get a lot of submissions, so getting them to notice you article will take some time. Once they start using your articles, they are more likely to start reading your submissions.

MS: Apart from getting your Articles published in Newsletters, are there any other ways you use your Articles to promote your website? (such as turning them into a free E-Book)?

JC: I created my free ebook Street Smart Secrets Of Success from a collection of my success and motivation articles:

I was also contacted by a

publisher who read the free ebook to create a free e-course for his ebook Autoresponder Gold. So from the articles I've created my ebook and the 7 Days To A Turbo Charged Mind email course:
johncolanzi@freeautobot.com

MS: Some people are discouraged from writing Ezine articles because it seems that everything has already been written about. What's your view on that?

JC: Every writer brings their own style to a subject. You may read about it 100 times, but a certain writer's way of presenting the information, may be the article that gets you to take action.

MS: Yes, that's an important point. What's the single most important style tip for writing a good Ezine Article?

JC: Write to one person. Make the ideas personal to the reader.

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MS: How important have Ezine Articles been in achieving your success in online business?

JC: Every good thing that's happened to me online has been a result of someone seeing an article.

MS: And finally John, what would be your advice to someone who wants to write Ezine Articles but has never written for the Internet before?

JC: Write the same way you would explain something to your best friend. Write to inform, don't write a sales letter and try to pass it off as an article.

MS: Thank you John.

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Michael Southon has been writing for the Internet for over 3 years. He has shown hundreds of webmasters how to use this simple technique to get massive free publicity and dramatically increase traffic and sales. [Click here to find out more:](#)

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