

Hi, I'm Becca. Editor, writer, and founder of R. B. Wolf Editing.

My goal is for your author dreams to come true. As an editor, I get a front row seat to authors' biggest struggles. Surprisingly, the most common issue I see, isn't time, resources, or money. What I hear over and over again from writers, is the struggle to stay MOTIVATED.

Famous author Jack London once said, "You can't wait for inspiration. You have to go after it with a club." I thought I'd tweak his quote to this: "You can't wait for MOTIVATION. You have to go after it with a club." That's what we're going to do today.

Discouragement and lack of motivation leads to feelings of shame. You feel like you're not good enough, like your story doesn't matter (which we'll talk about more in the next video), and that you'll never amount to anything anyway, so why try.

If that's you right now, hear me loud and clear: YOU ARE NOT ALONE.

The thing is, that *shame*, those negative thoughts you have towards yourself are the death blow to creativity. So, our action plan for today is this:

Take a couple minutes to write down at least three things that you appreciate about yourself. It sounds simple, but it goes a long way. And this can be about anything. For example, I'll share mine with you right now.

1. I, Becca, appreciate my desire to understand things deeply.
2. I, Becca, appreciate my Lord of the Rings obsession.
3. I, Becca, appreciate that I've worked towards reading more books this year.

I'll leave you with this quote by Stephen King "The scariest moment is always just before you start."

I am rooting for you, and I'm with you every step of the way.

In the next video we'll talk about how much Your Voice matters. I'll see you there!