

SURPRISE

Roll dice.
Count on your bookshelf to that
number.
Roll dice again.
Open the book to that page.
Roll again.
Count the words from the top of the
page and use that word in your next
sentence.



QUITCAST
FOR WRITERS with Sherry Jones

SURPRISE

SURPRISE

Go watch a movie,
Maya. Extra points if it
reminds you of your
book. I'll wait.



QUITCAST
FOR WRITERS with Sherry Jones

SURPRISE

Ask a friend for a word
to use in your next
sentence.



QUITCAST
FOR WRITERS with Sherry Jones

SURPRISE

That thing your character
is about to do... what if they
did the exact opposite
thing? Make them do it and
see what happens.



QUITCAST
FOR WRITERS with Sherry Jones

SURPRISE

What if you skipped a
month in the scene
you're about to write?
A year? Ten years?



QUITCAST
FOR WRITERS with Sherry Jones

SURPRISE

Give your character a
tool. Something they
have to hold in their
hands that they didn't
have before.



QUITCAST
FOR WRITERS with Sherry Jones

SURPRISE

Give your character a
secret past.
Something they have
never told anyone.



QUITCAST
FOR WRITERS with Sherry Jones

SURPRISE

What if you erased the
entire chapter you're
currently working on
and started over?



QUITCAST
FOR WRITERS with Sherry Jones

STUCK LIST

- ☑ SHUFFLE.
- ☑ DEAL.
- ☑ BREAK YOUR BLOCK

THE
BETTER-FASTER
ACADEMY
WITH BECCA SYME



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SURPRISE

Kill someone.
(A character, Lexi... kill a character.)



QUITCAST
FOR WRITERS with Shana Green

SURPRISE

Give your character a
secret sibling.
Someone they didn't
even know about.



QUITCAST
FOR WRITERS with Shana Green

SURPRISE

Open your manuscript and,
wherever your cursor is, type one of
the following sentences:

And then everything changed.
And then the murders began.
And then she saw someone she never thought she'd see again.
And then the dragons came.
And then she heard a loud pop behind her.
(It's just a prompt, Janet, you don't have to keep it...)



QUITCAST
FOR WRITERS with Shana Green

SURPRISE

Chris suggests:
Change your
manuscript to a
ridiculous
comic font.



QUITCAST
FOR WRITERS with Shana Green

SURPRISE

Throw an obstacle in the
character's path that
makes them unable to
get what they want
right now.



QUITCAST
FOR WRITERS with Shana Green

RESOURCE

Pick up your favorite
craft book. Turn past the
first few chapters
you've already read and
go deeper.



QUITCAST
FOR WRITERS with Shana Green

RESOURCE

Turn on Pandora or
Spotify and build a
playlist for your main
character's life.



QUITCAST
FOR WRITERS with Shana Green

RESOURCE

Pippa suggests:
Go wander around
in an art gallery.



QUITCAST
FOR WRITERS with Shana Green

RESOURCE

When was the last time
you read a book, Keri?
You might need energy
pennies that only reading
can provide.



QUITCAST
FOR WRITERS with Shana Green

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RESOURCE

Go to your favorite course on craft. My favorites are at the Margie Lawson Academy. I always recommend the Dialogue Cues class first.



QUITCAST
FOR WRITERS with Sherry Jones

RESOURCE

Listen to the "Wish I'd Known Then For Authors" podcast on Spotify or iTunes.



QUITCAST
FOR WRITERS with Sherry Jones

RESOURCE

Go to YouTube and type in the job of your main character and the words "how to" and watch a video on their job.



QUITCAST
FOR WRITERS with Sherry Jones

RESOURCE

Read an old poem, and insert a line from the poem right into the manuscript where you are right now.



QUITCAST
FOR WRITERS with Sherry Jones

RESOURCE

Do you know your POV character's archetype?



QUITCAST
FOR WRITERS with Sherry Jones

RESOURCE

Do you need a hard deadline? (Not everyone can meet deadlines they set for themselves, Jillian. Question the premise.)



QUITCAST
FOR WRITERS with Sherry Jones

RESOURCE

Has someone read the book? Are you expecting yourself to find a problem you can't find? Do you need perspective?



QUITCAST
FOR WRITERS with Sherry Jones

RESOURCE

Open a book from a similar genre to the same page you're on in your manuscript and read that book for two pages.



QUITCAST
FOR WRITERS with Sherry Jones

RESOURCE

Do you know your POV character's Top Five Strengths?



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PROGRESS

Take a shower.
You think I'm kidding.
Go get in the shower,
George.



QUITCAST
FOR WRITERS

CLARITY



QUITCAST
FOR WRITERS

CLARITY

Take out a piece of paper and
draw your current scene layout.
Where are your characters?
Where do they need to go? How
will they get there?



QUITCAST
FOR WRITERS

CLARITY

What trope is your story
following? (I know, Steve, I
know, you're so unique, but
there's a trope of some kind in
every story...)



QUITCAST
FOR WRITERS

CLARITY

Do you know what your POV
character was like at the age
of: Five?
Ten?
Fifteen?
Twenty?



QUITCAST
FOR WRITERS

CLARITY

Open the manuscript and ask, "Can I
write the next sentence?"
If you can write the next sentence,
write it. If you can't, pull another
card or go think about what will
happen next until you can see it.
Thinking = working.



QUITCAST
FOR WRITERS

CLARITY

Is there someone off-stage (or
off-camera) who wants
something contrary to your
current POV character? What
are they thinking or doing?



QUITCAST
FOR WRITERS

CLARITY

What matters to your
character right now? What
can they not stand to lose?
What would they do to
protect that?



QUITCAST
FOR WRITERS

CLARITY

When was the last time your
plot changed trajectory? Is
there any tension on the page
you're currently writing? Do you
need to change direction?



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CLARITY

What does your character want right now? In this next scene? Can you give them something to want? Or skip to a place where they want something?



QUITCAST
FOR WRITERS with *Stacy Green*

CLARITY

Close your eyes and imagine the 360 view your character is seeing right now. What would they interact with in their immediate environment?



QUITCAST
FOR WRITERS with *Stacy Green*

CLARITY

Who is in the scene with your POV character right now? How do they feel about that person?



QUITCAST
FOR WRITERS with *Stacy Green*

CLARITY

Too many characters, Stacy. Put some back.

(This is the obligatory 'do you have too many people to keep track of?' card. Even just asking the question... is everyone absolutely necessary? What would happen if you took one of them completely out of the story?)



QUITCAST
FOR WRITERS with *Stacy Green*

CLARITY

Read the last chapter or the last 2000 words you've just written.



QUITCAST
FOR WRITERS with *Stacy Green*

CLARITY

Get out a journal and hand-write about why you can't make progress on this work.



QUITCAST
FOR WRITERS with *Stacy Green*

PROGRESS

Is there a different part of the story you know and could write? Move to that part.



QUITCAST
FOR WRITERS with *Stacy Green*

PROGRESS

Do you need to move a preorder? I know, I know. But... do you?



QUITCAST
FOR WRITERS with *Stacy Green*

PROGRESS



QUITCAST
FOR WRITERS with *Stacy Green*

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PROGRESS

Have a one-minute dance party. Come on, Cammy! Dance!



QUITCAST
FOR WRITERS with Sherry Dyer

PROGRESS

Call a friend and explain where you are in the story and why you can't proceed.

You don't have to take their advice, Joe. And you can thank them for the chat even if you don't take their advice.



QUITCAST
FOR WRITERS with Sherry Dyer

PROGRESS

Stop writing for the day. Tonight, before you go to sleep, write on an index card where your story should go next. Ask your sleeping brain to help you.



QUITCAST
FOR WRITERS with Sherry Dyer

PROGRESS

Have you tried moving on to a new project for a time? Just to see if this current work needs to percolate?



QUITCAST
FOR WRITERS with Sherry Dyer

PROGRESS

What's the thing you want to do but you think is stupid? It's not stupid. Just do the thing your intuition is telling you to do, no matter what it is.



QUITCAST
FOR WRITERS with Sherry Dyer

PROGRESS

Alex suggests:

Side load your WIP to your Kindle and read through it in a comfy chair as if you were a reader. Let your brain make predictions and form ideas of where to go as you read.



QUITCAST
FOR WRITERS with Sherry Dyer

PROGRESS

Play a video game. It's not procrastination, Jason, it's thinking time. Just do it.



QUITCAST
FOR WRITERS with Sherry Dyer

PROGRESS

What if you killed a side character right now? Sometimes, murder is the answer, Jen.



QUITCAST
FOR WRITERS with Sherry Dyer

PROGRESS

That part you want to skip... can you skip it? Just try making a new copy of the book and taking it out.



QUITCAST
FOR WRITERS with Sherry Dyer

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PROGRESS

Go for a drive. Just get in the car and drive somewhere and let your mind wander.



QUITCAST
FOR WRITERS with Sherry Ginn

PROGRESS

Is your outline (if you have one) wrong? Do you need to diverge or abandon?

(This is perfectly normal and you can still write great books, even when you diverge from your outline!)



QUITCAST
FOR WRITERS with Sherry Ginn

ENVIRONMENT



QUITCAST
FOR WRITERS with Sherry Ginn

ENVIRONMENT

How long have you been sitting down?
Can you stand up?
Lay on your back?



QUITCAST
FOR WRITERS with Sherry Ginn

ENVIRONMENT

Go outside.
Don't take your phone or computer.
Just go outside.



QUITCAST
FOR WRITERS with Sherry Ginn

ENVIRONMENT

Switch the direction you face when you're writing. Try a different room if you're able.



QUITCAST
FOR WRITERS with Sherry Ginn

ENVIRONMENT

Travel.
I know, Ali. I know.
But you may need to travel. Post hasty.



QUITCAST
FOR WRITERS with Sherry Ginn

ENVIRONMENT

Take a nap. Yup.
That's the whole card, Kevin.



QUITCAST
FOR WRITERS with Sherry Ginn

ENVIRONMENT

Are there people interrupting you?
Try putting a white board on your door and closing it. That way, people can write what they need on the board, and not have to bother you, and still get their needs met!



QUITCAST
FOR WRITERS with Sherry Ginn

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ENVIRONMENT

Where is your current scene set? Can you go there? Or go somewhere that reminds you of the place?



QUITCAST
FOR WRITERS

ENVIRONMENT

When was the last time you left the house? Maybe leave the house right now, Harry.



QUITCAST
FOR WRITERS

ENVIRONMENT

Is something off about your environment? Do you need to fix/clean something?



QUITCAST
FOR WRITERS

ENVIRONMENT

When was the last time you had a glass of water? You're not a cactus, Aidy.



QUITCAST
FOR WRITERS

ENVIRONMENT

Are there people in your space? Do you need a closed door? Even a closet.



QUITCAST
FOR WRITERS

ENVIRONMENT

Go eat something. Honestly, make a snack and come back to the manuscript in a hot second.



QUITCAST
FOR WRITERS

ENVIRONMENT

Go for a walk. Listen to music or don't, but don't listen to podcasts or news. Let yourself think.



QUITCAST
FOR WRITERS

EMOTION



QUITCAST
FOR WRITERS

EMOTION

Alexis suggests:
The American Lung Association used to have a slogan, "If you can't breathe nothing else matters." Sometimes, we get so wrapped up in everything going on around us, we forget to breathe - to pause and allow our brains (bodies) time to catch up or simply settle. So, breathe, my friend. The "3-2-4 Breath From Your Core" The technique not only rhymes but is a simple, easy to follow way to sneak in a quick pause in your day.



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EMOTION

Is someone around you in trauma? Do you need to tend to them before you can get some space for your manuscript?



QUITCAST
FOR WRITERS



EMOTION

Do you like the book you're writing? I know, Courtney, I know. But at least ask the question.



QUITCAST
FOR WRITERS



EMOTION

Are you in trauma? Or recovering from trauma? Would you benefit from therapy, coaching, or time off right now?



QUITCAST
FOR WRITERS



EMOTION

Are you sick or tired? Do you need rest or space or care?



QUITCAST
FOR WRITERS



EMOTION

Have you seen a character in a book or movie who feels similarly to your main character? What did they do?



QUITCAST
FOR WRITERS



EMOTION

Are you expecting too much from yourself? Do you need to ask for help?



QUITCAST
FOR WRITERS



EMOTION

Have you checked in with your positive outlook? Do you need an infusion of positive thinking?



QUITCAST
FOR WRITERS



EMOTION

What is your POV character feeling right now? How would a person act who is feeling that way?



QUITCAST
FOR WRITERS



EMOTION

Are your characters in a black moment? Some writers get stuck when their characters are in rough places. Check in with your empathetic nature.



QUITCAST
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STUCK LIST

- ☑ SHUFFLE.
- ☑ DEAL.
- ☑ BREAK YOUR BLOCK

THE
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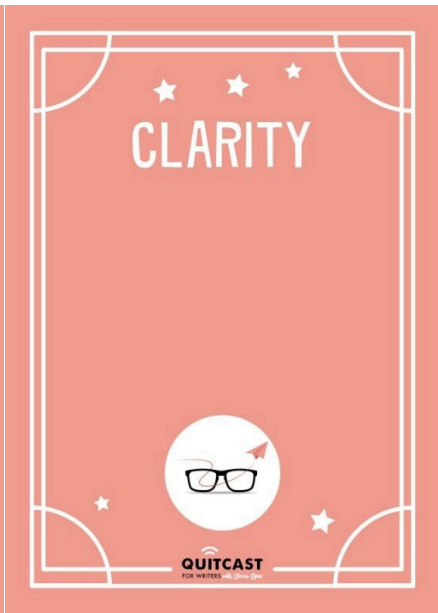
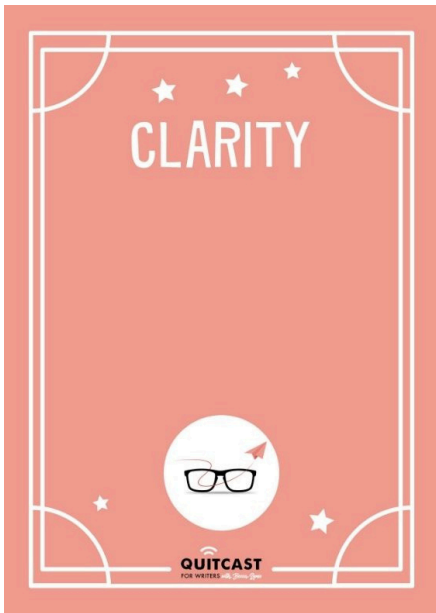


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