



Positive Writing Affirmations



Powerful Positive Writing Affirmations

Most academic writers face the “battle of the moment” when they sit down to write.

It’s that moment where you’re scheduled to write, you know you need to write, and yet you have an irresistible urge to do **anything** *but* write!

Sometimes the battle is with your inner critic who rises up in the moment with all kinds of negative self-talk:

- “I’m a terrible writer”
- “I’ll never finish this”
- “Why bother doing this, it will never get published/funded”
- “All of this has already been said before, there’s nothing new here”
- “I’m so far behind, I’ll never get caught up”
- “If anyone reads this, I’ll be revealed as not as smart as people thought I was...”

Most of us have an abundance of negative self-talk that emerges when it’s time to write but struggle to find ways to combat the negativity. So I asked the academic writers in this community to share their positive writing affirmations. This way we can all have some positive self-talk to win the battle of the moment!

See the full list and share yours here:

www.FacultyDiversity.org/PositiveAffirmations



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Try These Positive Writing Affirmations

Transition from self-doubt into daily writing today!

- First drafts don't have to be perfect, they just have to be written. (**Breea Willingham**)
- Someone is dying to read what I have to say. (**Shaunna Payne Gold**)
- If I don't write it, it may never be written. (**Shaunna Payne Gold**)
- Your narrative is someone's solution. (**Shaunna Payne Gold**)
- Someone is waiting for your words. (**Shaunna Payne Gold**)
- First you make a mess, then you clean it up. (**Chinyere Osuji**)
- Shit happens; write anyway. (**Cheryl Hopson**)
- Just write a crappy draft. (**Francine Glazer**)
- I write for a living. (**Joyce Bell**)
- I am a writer. (**Joyce Bell**)
- Perfection is the enemy of productivity. (**Joyce Bell**)
- Just get the ideas down. You can clean it up later. (**Michelle Cirillo**)
- Progress not perfection. (**Michelle Nilson Levisohn**)
- Pressure makes diamonds. (**Michelle Nilson Levisohn**)
- As I take excellent care of myself ideas flow effortlessly onto the page. (**Andrea Silver**)

Share Your Favorite Positive Affirmations Here:
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- Writing is an easy activity which I joyously engage in often. **(Andrea Silver)**
- My writing is appreciated, respected, and fruitful. **(Andrea Silver)**
- Shitty first drafts are fine. **(Arica L. Coleman, from Anne Lamott's Bird by Bird)**
- Write without apology: with the sense that you deserve to make your contribution – no matter how modest. **(Aimee Bahng)**
- All the words you want to use exist, you just need to put them in order. **(Katy Pinto)**
- Let's Do It! **(Tiffany Taylor)**
- I write to provide scholarly material by which others could build the field anew. **(Rahuldeep Gill)**
- I've been blessed with the best vocation – I can enjoy myself and use my talents to make a difference for my community. **(Rahuldeep Gill)**
- This project is going to be done. It's at least going to be good. And good might be good enough. **(Rahuldeep Gill)**
- This block of writing, I'm going to renounce any fruits despite having a big goal, I'm going to enjoy the task at hand. **(Rahuldeep Gill)**
- Just do it for 20/30 minutes. You can do almost anything for 20 minutes... if you hate it after 30, you can quit. **(Julie Hicks Patrick)**

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- “Wrong is not my name,” says June Jordan... and it ain’t yours either. You can do this! **(Theri Alyce)**
- Octavia Butler said she wrote every day. Write on. **(Theri Alyce)**
- Grit is doing the hard work repeatedly. (Angela Duckworth) Get gritty. **(Theri Alyce)**
- Every sentence gets you closer to done. **(Evangeline Heiliger)**
- Keep up the good work! **(Evangeline Heiliger)**
- You’re almost there! You’re rocking this! **(Evangeline Heiliger)**
- Showing up matters **(Evangeline Heiliger)**
- You rock! **(Evangeline Heiliger)**
- You wrote for 30 mins – now go and play! **(Evangeline Heiliger)**
- My work is worthy **(Raymona Hollway Lawrence)**

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