

## Positive Affirmations and Motivating Ideas for Academic Writers

*Keep these positive statements nearby, and read them whenever you need a boost! See also “Motivating Thoughts and Ideas” below.*



- Some writing, even just a little, is a great step forward.
- I only have to work on it a little bit today.
- I can start to work effectively before everything is planned out in exact detail.
- I will take it one step at a time.
- I will focus on this task now and not worry about what will come later.
- Even if it's hard, I'll figure it out, I always do.
- Only 25 more minutes..... Only 20 more minutes....
- I can make use of material that is relevant to my work, even if I do not fully understand it or if it somewhat off my topic.
- I bet a lot of people don't understand it either.
- Doing the work is what makes it go away. Avoiding the work makes it take longer.
- I can write freely now and edit later.
- The work I need to do is a simple and enjoyable task.
- I feel calm and accomplished when I complete each small task.
- Of course I can get this done.
- I am making progress every day.
- Others struggled while working too; I am simply evaluating their finished product.

- I am building good habits.
- I know I can, I know I can!
- I deserve to take time off to rest.
- I am sticking close to the data and keeping facts organized and accurate.
- I am persevering through the hard bits and it is getting easier.
- I will allow others to read this in draft form.
- I am making consistent and continual progress toward my goal.
- I will finish this program by XXX [date].
- I will get tenure.
- I am applying for positions and will get a job that I am qualified for and interested in.
- My advisor/ mentor/ chair believes I am smart enough, and I know that I am smart enough.
- I'm open to comments that improve the manuscript but ultimately the story is mine to tell.
- I know my system better than anyone and therefore I have the last word.
- I can write and do a good job.
- My mind is logical and my writing is good.
- I can make this work.
- It's okay to ask for help; s/he will respect me for it, and it's ok if part of it needs to be corrected.
- I have excellent skills.
- I can ask for help.
- I am simply telling a story.
- I can do this.
- Others think I can do it and I can.
- I am a very strong and determined person.
- I am persistent and capable.
- I trust the writing process.
- I will reward myself for small bits of progress.

- I can be comfortable with confusion, knowing it leads to answers.

### ***Motivating Thoughts and Ideas:***

- Switching to another section will not get the hard section done.
- Maybe you are feeling a bit burnt out today. Instead of starting off with something hard, start off with something easier. The easier stuff needs to get done, too, so you are still moving towards the finishing line.
- Don't let the inner critic disrupt your flow.
- Any work is better than no work.
- Keep it simple, scholar!
- The work you do today will make it easier to do work tomorrow.
- Take a retrospective: "I have written 13 pages in two weeks, just by working steadily every day. "
- By working every day, it makes it easier to work the next day.
- There's no law that says you have to work on the paper in order.
- Do your best. Your best varies.
- Keep focused, you can do it.
- You can make this work.
- It is important to follow through and it will be worth the time invested.
- Enjoy the process.
- Remember this is not your life's work, just the keys to the club.
- It's not the end of the world if you miss something.
- You're building on existing scholarship. Everyone adds incrementally to what went before. You are taking their ideas and combining them in a different context that will shed new light.



# the ACADEMIC LADDER

- It is not supposed to be your best piece of work, only your first.
- You can decide later whether it's any good. Just do what you can do.
- You don't HAVE TO do write this; you CHOSE to do it and it is yours.
- Doing anything towards you goal is helpful.
- One day off won't ruin everything.
- Slow and steady gets you to the finish line just fine!
- The students are lucky that you're showing up today.
- Look forward and live in the moment.
- Just get it down; it's easy to fix the writing later.
- Write it all and it will become clear how it has to be organized.
- Trust.
- The data are rich.
- It will all come together.
- Get something on paper so it can be improved.
- It is okay that it is hard.
- It is not okay to give up.
- Good enough is good enough.
- Just write to find out what you think; you may be surprised what comes out!
- It's ok if it doesn't make sense right now -- remain curious about how it's going to turn out.
- There's no such thing as perfect.
- Just keep plugging.

