

Finding Focus and Flow in Writing

DO YOU KNOW WHAT HELPS YOU STAY FOCUSED AND GET INTO A STATE OF FLOW?

FOR ME, WHEN IT COMES TO WRITING BOOKS—SOMETHING I'M DEEPLY IMMERSSED IN AT THE MOMENT—THERE ARE A FEW KEY RITUALS THAT HELP ME GET INTO THE RIGHT MINDSET.

SETTING THE SCENE FOR CREATIVITY



ONE OF THE SIMPLEST YET MOST EFFECTIVE RITUALS I FOLLOW IS LIGHTING A CANDLE. THE RULE IS SIMPLE: WHEN THE CANDLE IS ALIGHT, I HAVE TO WRITE. IT SERVES AS A VISUAL AND SENSORY CUE THAT IT'S TIME TO FOCUS.

INCENSE IS ANOTHER ESSENTIAL PART OF MY ROUTINE. SAGE IS MY FAVOURITE—IT BRINGS A SENSE OF CALM AND A DEEP SPIRITUAL CONNECTION TO MY WRITING. THE SCENT CREATES A SOOTHING ATMOSPHERE, SIGNALLING TO MY MIND THAT IT'S TIME TO CREATE.

MUSIC ALSO PLAYS A ROLE IN SETTING THE TONE. IN THE PAST, I'VE LEANED TOWARDS NATURE AMBIENCE, BUT FOR MY CURRENT BOOK, MY GO-TO SOUNDTRACK IS PETE MURRAY'S COLLECTION. THE RIGHT BACKGROUND MUSIC HELPS ME STAY CENTRED AND IN RHYTHM WITH MY WRITING.

THE POWER OF DEADLINES AND ACCOUNTABILITY

I WON'T DENY IT—WORKING WITH A BOOK COACH AND HAVING A DEADLINE KEEPS ME ON TRACK. THERE'S SOMETHING ABOUT EXTERNAL ACCOUNTABILITY THAT SHARPENS FOCUS AND ENSURES STEADY PROGRESS.

THE BEST WRITING ENVIRONMENTS

WHILE I LOVE THE BUZZ OF A CAFÉ AND SOMETIMES FIND INSPIRATION THERE, I'M EASILY DISTRACTED. THAT'S WHY MY WRITING ROOM REMAINS THE BEST PLACE TO GET INTO A DEEP STATE OF FLOW. IT'S A SPACE DESIGNED FOR FOCUS, WHERE I CAN IMMERSE MYSELF IN MY WORK WITHOUT INTERRUPTION.

WHAT WORKS FOR YOU?

FINDING WHAT ENHANCES YOUR CREATIVITY AND FOCUS IS DEEPLY PERSONAL. WHETHER IT'S A SPECIFIC RITUAL, A DEDICATED WORKSPACE, OR A CHANGE OF SCENERY, UNDERSTANDING WHAT FUELS YOUR PRODUCTIVITY CAN MAKE ALL THE DIFFERENCE.

WHAT ARE SOME OF YOUR CREATIVITY, PRODUCTIVITY, OR FOCUS HACKS? I'D LOVE TO HEAR HOW YOU SET THE STAGE FOR DEEP WORK.