



Beyond Burnout:

*How to Stay in Love with Writing &
Build a Sustainable Author Career*

Isabel Sterling
Author & Master Certified Coach

About Me





The Confident Author Academy



The Root Cause of Author Burnout



An Epidemic of Author Burnout





Signs of Burnout



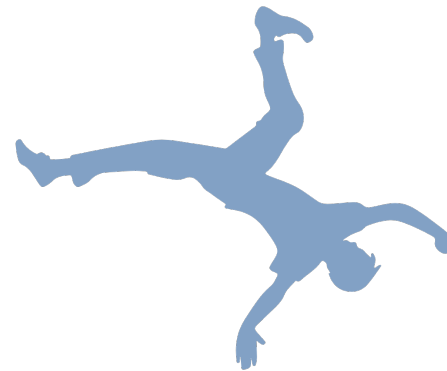


The Cause of Burnout



Effort

Long writing sessions
Sacrificed social plans
Piles of rejection



Reward

Book deal
Sales #s
Good reviews



Balancing the Scales

Reduce Effort

- Planning days off
- Setting work boundaries
- Unlearning perfectionism

Reduce “Pain”

- Inner dialogue
- Separating self-worth from rejection



Increase Reward

- Celebrate
- Celebrate
- Celebrate



“Reduce Effort”

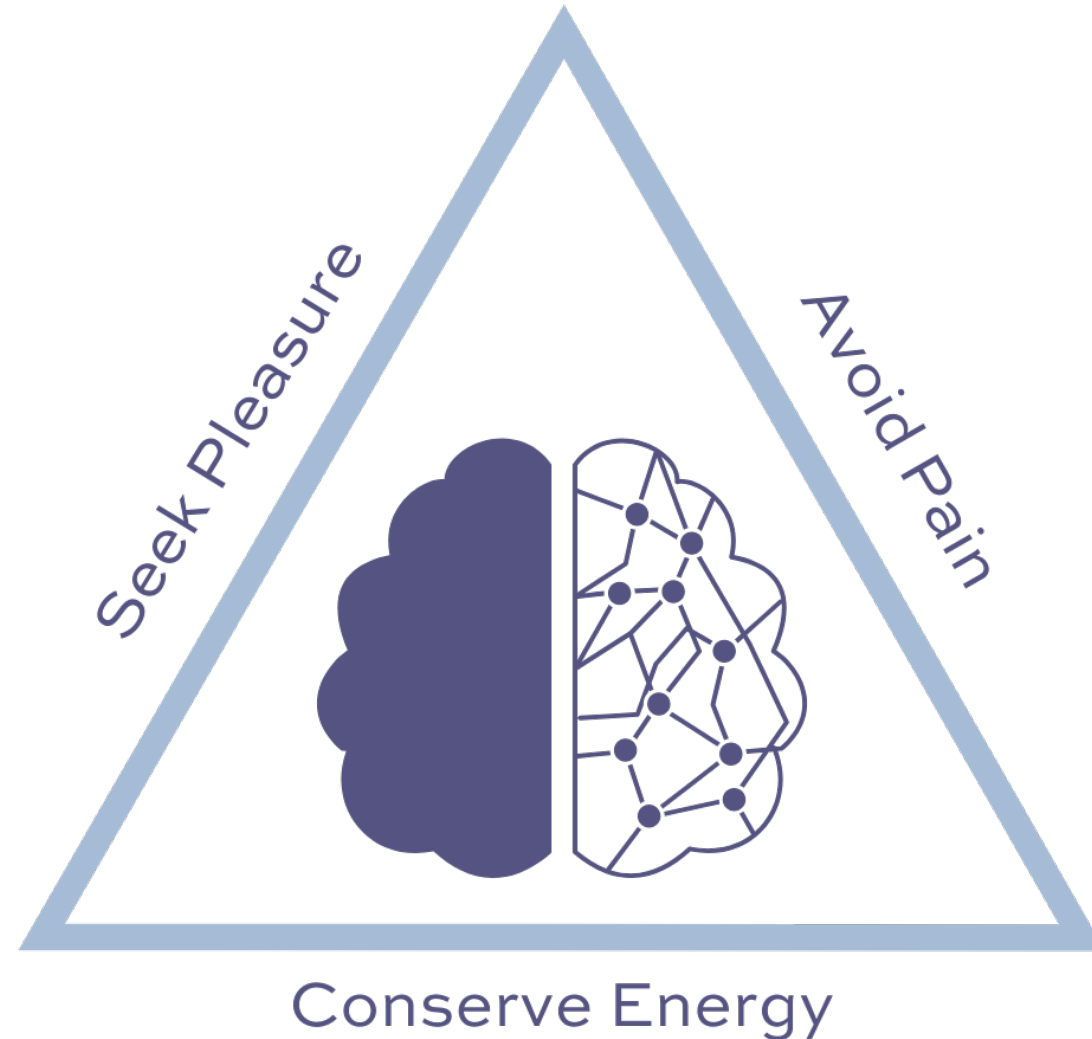


Productivity Pressure

- If I can't write for at least 2 hours, what's the point?
- I need to write at *least* 1k per day.
- I've been at this for *years*, and it's still not paying the bills.
- Yeah, I wrote 5k, but I still have X, Y, and Z to do. I'll never catch up.
- We debuted at the same time, and she has twice as many books out as I do!
- I have to stop being so lazy.



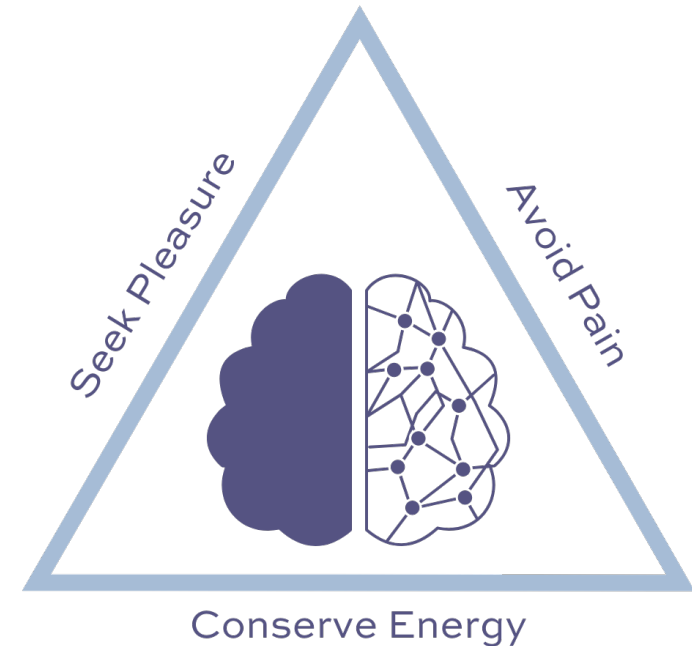
The Motivational Triad





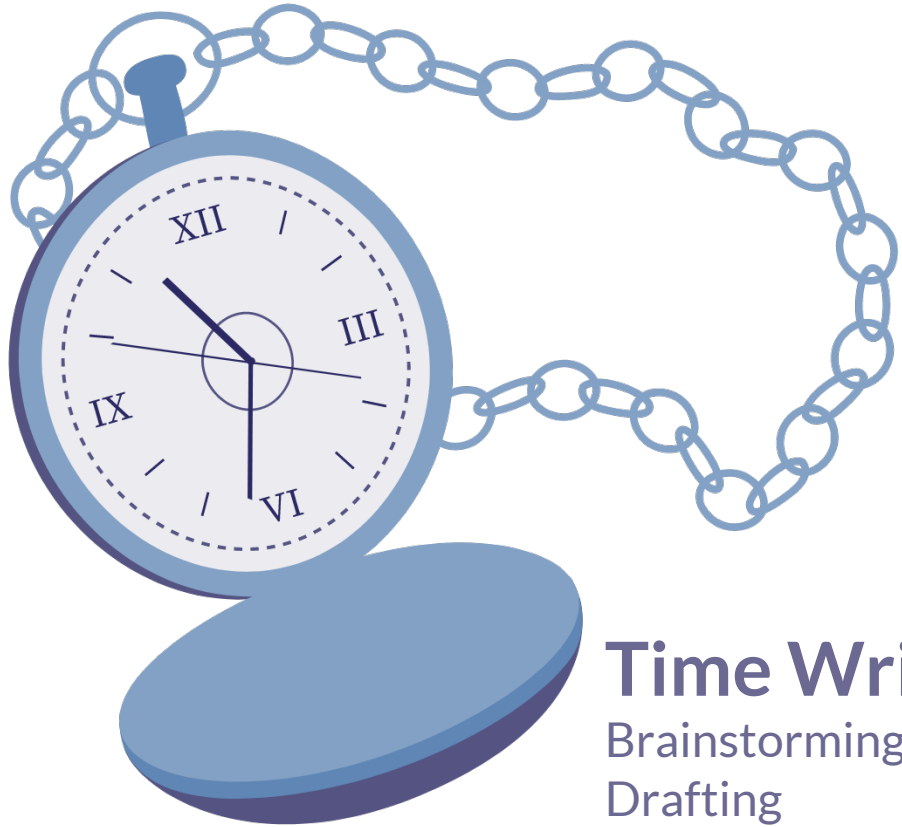
Work with Your Brain

- **Conserve Energy**
 - Minimum Enoughness Measure
- **Avoid Pain**
 - Be mindful of how you speak to yourself
 - “I have to get this done” vs “I get to explore this scene”
 - “I’m so behind” vs “What is doable for today?”
- **Seek Pleasure**
 - What about this scene excites you?
 - What are you looking forward to?





Evaluate Your Effort



Time Writing

Brainstorming
Drafting
Revising
Problem solving



Time Stressing

Doom scrolling
Feeling behind
Checking email
Pressuring to do more



Know Your “Why”

- Why do you write?
- Why is the hard work *worth it*
 - Even if this book doesn’t “work”
- What do you *love* about writing?
- Have multiple “whys”
 - Nothing is too big or too small
 - Nothing is too shallow or too deep





“Increase Reward”



Publishing's Biggest Lie





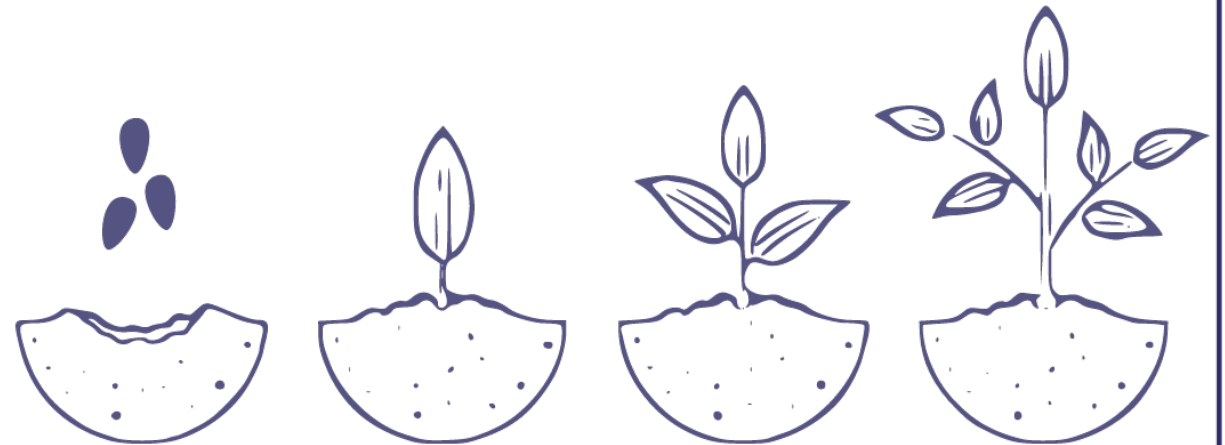
Re-Define Success

- **Industry Success**

- Book deal
 - *Agent believes the book is ready*
 - *Editors reading your submission*
 - *Positive rejections*

- **Story Success**

- A book is “query ready”
 - *The emotional arc is working*
 - *The world building makes sense*
 - *The mystery is compelling*





3 Types of Celebration

- **Social**

- Sharing on social media
- Dinner out with a loved one
- Texting writing besties

- **Trophy**

- Character art for office
- Tattoo
- New book / notebook
- Jewelry

- **Internal**

- How you talk to yourself
 - *Resist the urge to downplay or diminish*
- Writing down your celebration
- Noticing the emotion that comes up
 - *Name it*
- Experience the emotion for 30 secs



Daily Celebration

You cannot wait for a finished draft to celebrate

Every single writing session deserves celebration

How to celebrate:

- Write it down
- Savor the positive emotion

Writing Plan

Project: _____ Date: _____ Time: _____

What do you want to accomplish by the end of the session?


What are you most excited about for this particular session (or the project overall)?

Session Assessment

Collect your data – What did you do during the session?

What was the most fun? What are you celebrating?

List any challenges, things you want to do differently, or plans for your next session:

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Celebration is Revolutionary

- **What were you taught to value?**
 - Humility / humbleness
 - Hard work & sacrifice
- **Fears around celebration**
 - If I get too excited, something bad will happen
 - I don't want to get my hopes up
- **But if you're struggling with burnout...**
 - What do you have to lose?



Closing the Gap

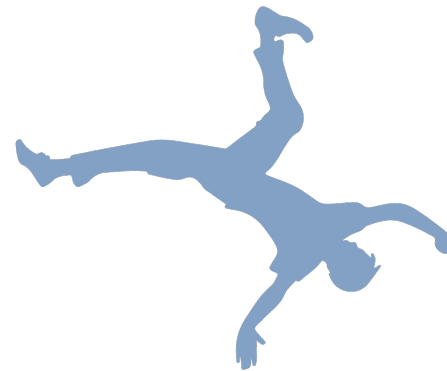


Balanced Effort & Reward



Effort

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Balanced Effort & Reward



Effort

Intentional time dedicated to growing your craft, supported by the Motivational Triad



Reward

Daily celebration of each bit of progress, *including* the big milestones



Practical Application

Writing Plan

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A Year of Celebration

- **Willing to count more activities as writing**
 - Brainstorming
 - Deeper character work
- **Quicker and easier to problem solve**
 - Can tell the difference between “I don’t want to” and “something’s wrong”
 - Spot, diagnose, and solve for procrastination
- **Refined my process**
 - Telling better stories, building more momentum



A Sustainable Career

You knocked this revision completely out of the park!!! Adding that second POV clicked literally everything into place and I love it so much!!! The romance is there, the angst is there, the stakes are there. I love the voice and the world you've created here. It's really top notch! I'd love to get it out there ASAP and see what editors think.



Burnout Support



Writing Plan

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Burnout Support



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- Online course
- Private coaching
- Burnout-free author career

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Q&A