

12 Tips for Inspiration for Writing a Book & Speaking

Your big dreams CAN come true: How To Write Your Book Fast!

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1. **Read books!** “If you want to be a writer, you must do two things above all others: read a lot and write a lot. There's no way around these two things that I'm aware of, no shortcut.” – Stephen King. I don't read his novels, but he has great writing quotes.
2. **Watch movies.** Chic flicks, dramas, whatever you enjoy. One of my faves is “My Happy Family” about a mom whose entire family lives with her – her parents, her husband, her grown kids. She gets fed up with her nosy, controlling mother, her alcoholic husband, and her lazy son and moves out into her own apartment, where she can listen to classical music and eat cake and drink wine without anyone telling her what to do. I love it when she opens her patio door, eats the cake, the wind blows, and she is totally at peace. It's inspiring.
3. **Go out and enjoy nature.** Walk on a nature trail, walk your dog, go to the beach, mountains, or desert. Feel the sun and the wind on your face. Smell the salt air or the scent of pine or flowers. Look at the rainbow or the ripples in a rain puddle. Feel the sand between your toes or the strength of your muscles climbing a mountain or a hill. Observe the wild animals. “Time spent amongst trees is never wasted time.” – Katrina Mayer
4. **Washing dishes, doing chores, or taking a shower.** Inspiration can strike any time, even during the mundane moments. “The best time for planning a book is while you're doing the dishes.” – Agatha Christie
5. **Spending time with children/ people.** Kids say the funniest things and are so real. People are interesting and inspiring.
6. **Conversations and people-watching in coffee shops,** the mall, airports, stores, etc. Listen and look. It may be nosy, but it's fun, and you can get some great tips for dialogue for your characters/or writing your book or your speaking presentations. Write it down and use later! You have heard the funny saying, “Be careful or you'll wind up in my novel.” This is true!
7. **Social Media.** I believe it's wrong to outright steal people's stuff. I've had this happen to me and it's irritating, even though nobody owns words –unless you have a copyright or trademark. But we can be inspired from others. As you're scrolling Facebook, Twitter, or other places online, be observant to new, creative ideas.
8. **Pinterest.** Images can inspire us. I bought the beautiful, haunting picture (for my memoir, *Promises In The Dark: One Woman's Search for Authentic Love*) of the

woman who has half her face in the shadows and half in the light, from the website Istock. I buy almost all my book cover images there. This picture is the perfect image for my life's powerful story. Pictures can inspire your speaking and writing. I kept that picture in front of me to keep me going during the writing of my painful story. I wanted to see that picture on my book's cover! And I did! (On Amazon)

9. **Prayer.** I get most of my ideas from God. He speaks to my heart in His still, small voice. Ideas begin to form. I often journal about them or jot them down on sticky notes or pieces of paper. Later, I sit down to write/type this out. God is the Creator so He can help you create your book or speaking presentation. He helped me to do this list.
10. **Things in your heart.** What hurts you? Angers you? Scares you to death? Sets you on fire? Write or speak about those things. "Write what disturbs you, what you fear, what you have not been willing to speak about. Be willing to be split open." –Natalie Goldberg, *Writing Down the Bones: Freeing The Writer Within*
11. **Your story or someone else's story.** No one else has your story. It's time to tell or write it!
12. **Travel. Do other creative things than write.** This will jumpstart your writing. I just traveled to Guatemala; I came home and blogged about it. Several years ago, I traveled to Ireland with my daughter Leah. It is breathtakingly beautiful. When I returned home, I blogged about it, then turned it into an eBook for Kindle on Amazon, including the gorgeous pictures. Try new foods, meet new people, and have new fun experiences. This will give you a new perspective and fresh, creative ideas.

How do you get inspired for your writing and speaking?