

# A Writing Habit: The Myths, The Truths and Making Your Own Plan



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“Your beliefs become your thoughts,  
Your thoughts become your words,  
Your words become your actions,  
Your actions become your habits,  
Your habits become your values,  
Your values become your destiny.”

— Gandhi

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Start from a position of Strength ...  
What are 10 habits that you already  
do consistently?

	<i>My Habits</i>
<i>1.</i>	
<i>2.</i>	
<i>3.</i>	
<i>4.</i>	
<i>5.</i>	
<i>6.</i>	
<i>7.</i>	
<i>8.</i>	
<i>9.</i>	
<i>10.</i>	

# What are Underlying Features amongst your habits that are very strong (e.g., social support, built in rewards)

*Some Features that my Strong Habits Share ...*



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“The best kind of happiness is a habit you're passionate about.”  
— Shannon L. Alder

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# What are some “Not Yet” habits that you want to transform to strong habits?

## *Aspirational Habits*

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

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“A nail is driven out by another nail; habit is overcome by habit.” — Erasmus

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# What are Underlying Features amongst your “not yet” habits?

*Some Features that my Not Yet Habits Share ...*



*How can I import some of the features of my  
strong habits into a writing habit?*

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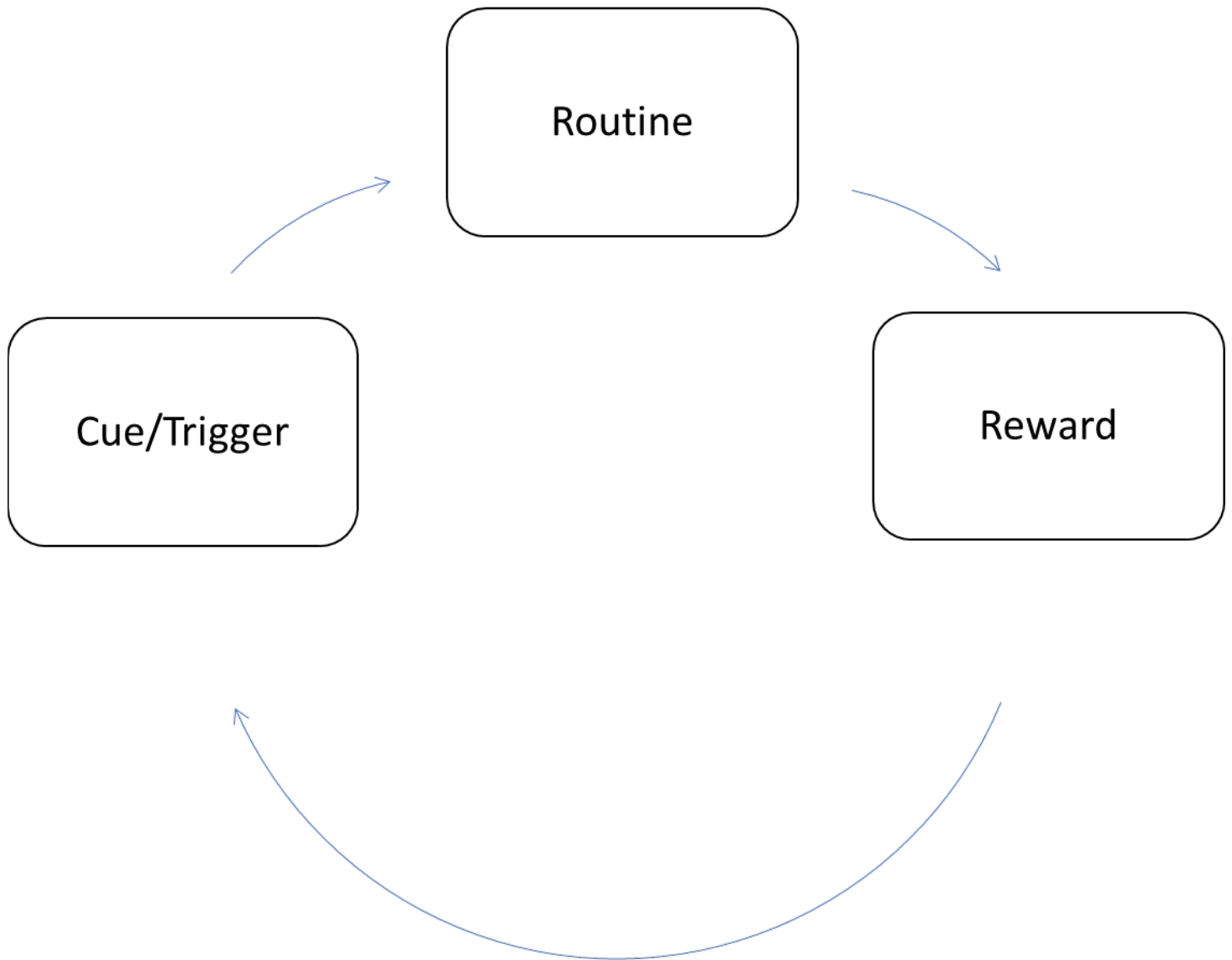
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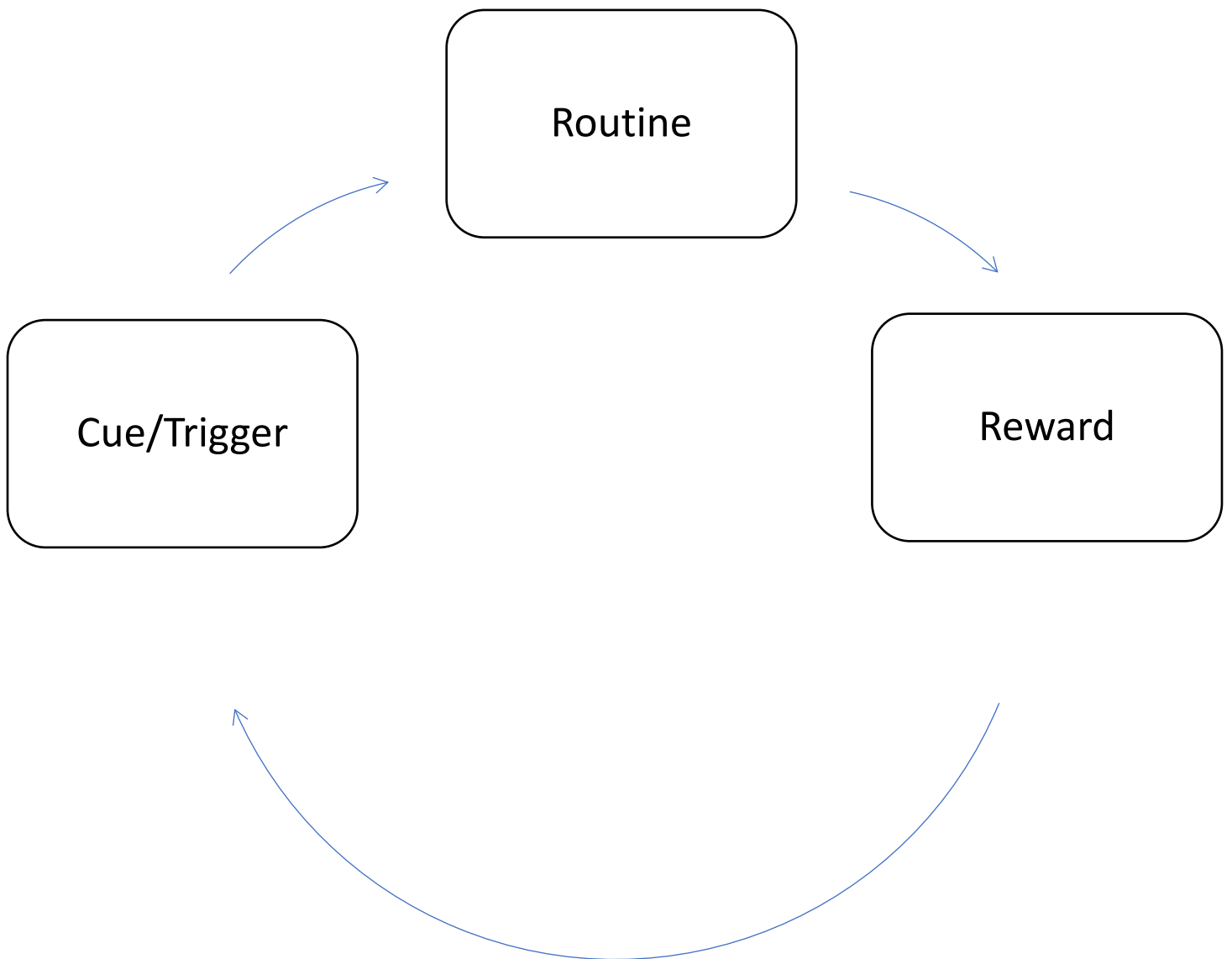
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## *Analyzing the Current state of Affairs*



# *Starting a Plan*





# What are Possible Rewards for your new habit, to “close the loop”?

*Potential Rewards could be ...*



My writing plan is ... (Include frequency,  
duration, place, topic, time & reward)

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But what could go wrong is ...

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# What was most useful for you today about this process?

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## For further study ...

- ▶ Public Health article (2016) – common assumptions and research-based alternatives for health behavior change
  - ▶ <https://www.sciencedirect.com/science/article/pii/S0033350616300178>
- ▶ Washington Post re: Five myths about habits disconfirmed
  - ▶ [https://www.washingtonpost.com/opinions/five-myths-about-our-habits/2015/12/31/1f3ab244-ad93-11e5-9ab0-884d1cc4b33e\\_story.html?utm\\_term=.fc6a308a3881](https://www.washingtonpost.com/opinions/five-myths-about-our-habits/2015/12/31/1f3ab244-ad93-11e5-9ab0-884d1cc4b33e_story.html?utm_term=.fc6a308a3881)
- ▶ NPR Article re: How environment shapes habits. Heroin addiction in returning Vets from Vietnam
  - ▶ <https://www.npr.org/sections/health-shots/2012/01/02/144431794/what-vietnam-taught-us-about-breaking-bad-habits>
- ▶ Michael Bungay Stanier – Video (15 minutes) on how to build a new habit
  - ▶ <https://boxofcrayons.com/2016/02/how-to-build-a-new-habit/>
- ▶ TAA Newsletter
  - ▶ <https://blog.taaonline.net/2017/02/harness-the-power-of-habits-for-writing-productivity/>

