Checking in on Your Goals

The only way that setting writing goals will be useful to you is to check back in on the goals. So,

1. Set a reasonable and SMART writing goal.
2. Write.
3. Review your goal and make notes and adjustments. Answer the following questions each time you write. It can be either formal (actual written notes), but more likely you will simply do this in your head. However, the more often you do this, the easier you will be able to sit and write and get right to work.
   - Did you meet your goal?
   - Did you overestimate or underestimate what you could accomplish?
   - How long did it take you to actually start to write? Were you able to start writing immediately, or did you work on organizing your space or finding other way to procrastinate?
   - Were you able to write for the entire time?
   - How many times were you interrupted?
   - Did you have everything you needed to accomplish your goal?
   - What do you need to change for next time?

Think about your writing like this:

It is not a sprint.
It is not a marathon.
This is daily running habit that you are building. The more you use your running muscles, the better conditioned your body will be, and more you will get accomplished in a shorter amount of time as your body becomes more efficient at reaching your goal – day by day.