

## 5,000 Words Per Hour Cheat Sheet

*Before beginning these steps ensure that you've set up a writing sanctuary where you will not be interrupted during the writing. This can be as simple as going to a park with your laptop and a pair of headphones, so long as you can guarantee you will not be interrupted.*

### **Step 1- Clear the Decks**

Take care of anything that might distract you during a sprint. Check your email, social media, or anything else you'd be compelled to do while writing. Go to the bathroom. Get a drink. Pick out some music. Have all this finished before you begin writing.

We're a very connected society. Turn off your cell phone. Turn off your wifi. Close your office door, or put on some headphones. Block yourself off from the ordinary world so that nothing will get between you and the writing.

### **Step 2- Know what you are going to write**

Review the scenes you plan to write. This can mean a single paragraph description, or a breakdown of beats. Use whatever process works for you, so long as you know what the scene is about before you begin your writing sprint.

### **Step 3- Start the Clock**

Write deliberately. This means going as fast as you can go without sacrificing quality. Push yourself, but don't go so fast that you're just cranking out gibberish. It's okay, especially in the beginning, to go slowly. We're trying to build the fundamentals. Speed will come with experience.

### **Step 4- Record the Results**

Write down the results of your sprints. How many words did you do? You can use the spreadsheet on this same page to calculate your WPH (words per hour). The number will probably start pretty low, which is great. Every time you sprint again, try to improve a little without sacrificing quality.

### **Step 5- Learn from the work**

Once you've completed enough work (a chapter, several chapters, or an entire manuscript depending on how fast you write) it's time to study that work. We need to learn what we're doing wrong, so that we can fix it going forward.

Find someone to analyze your work, or ideally several someones. What ticks can they spot? Fix those, and then start the process over again.