

# How to Be a Happy Writer

**A career-life workshop for writers  
presented by Ann Douglas**

**Sunday, June 14, 2015  
10:15 a.m. to 11:15 a.m**

Imagine being able to live the writing life of your dreams:

- You are fully engaged in writing projects that really matter to you.
- You are working with people who truly value your skills and contributions.
- You greet each writing day with eagerness and excitement rather than anxiety and dread.

This workshop will provide you with the strategies and insights necessary to make the shift to a much happier and more productive writing life.

## Reconnecting with your passion

What made you want to become a writer?

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What do you hope to achieve through your writing career?

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Where are you on the path to achieving those goals?

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How do you measure success as a writer? (Try to envision goals that are less about bylines and bank balances and more about growing as a writer, earning the respect of your peers, and/or making a contribution to the broader culture.)

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Do you have a mission statement or mantra that guides you as a writer?

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What are your dream projects? If money were no object, what writing projects would you be working on right now? How do these projects tap into your passion for writing and for living?

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Happiness check: How happy are you with your life as a writer? What are you happy about? What are you not happy about? What would increase your sense of satisfaction?

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### **Roadblocks on the road to happiness as a writer**

What types of obstacles have prevented you from achieving your writing dreams?

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How is the reality of a writing career different from what you had imagined?

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Are you attracting the types of work you want to be attracting?

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Are you attracting the types of clients you would like to be attracting?

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Are you being compensated adequately for your skills and your time? If not, what can you do to improve the situation?

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## Establishing a daily routine that boosts productivity and happiness

What strategies do you use to boost your productivity? What is and isn't working for you?

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What steps are you taking to safeguard your mental and physical health?

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## Mapping out career transitions

Where would you like your career to take you? What stands between where you are right now and where you'd like to be? What steps can you take to start closing the gap?

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What alliances should you begin forging right now in order to allow for these career breakthroughs down the road?

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What types of skills should you be working at developing? If you were writing a professional development plan for yourself, what would that plan contain?

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“Happiness is not a goal....It's a by-product of a life well lived.” - Eleanor Roosevelt

“[Happiness] comes when we choose to be who we are, to be ourselves, at this present point in our lives.” - Jean Vanier, *Finding Peace*

“Writing isn't about making money, getting famous, getting dates, getting laid, or making friends. In the end, it's about enriching the lives of those who will read your work, and enriching your own life, as well. It's about getting up, getting well, and getting over. Getting happy, okay? Getting happy.”  
- Stephen King, *On Writing*