



30 HARD for Writers

The Official Workbook

DEVELOPED BY LASHON DALEY, PHD

@DrDaleyKnowsKidLit

Welcome

Writers!

Today begins your 30-day journey to finishing your manuscript!

For decades, November has been a special month for us writers. This workbook is my invitation to continue that tradition. Over the next 30 days, you'll dedicate 45 focused hours to completing your writing project.

And I created this workbook to help you every step of the way!

Hello! I'm
DR. DALEY

I'm an English professor and creative writer.

I hold an MFA in Fiction from
Sarah Lawrence College
and a PhD from UC Berkeley.

www.lashondaley.com

YouTube: @DrDaleyKnowsKidLit

Instagram: @drdaleyknowskidlit



30 HARD for Writers

Rules:

Adapted from the “75 Hard Challenge,” I developed **30 HARD for Writers** to embolden you to make your writing a priority during the 30 days of November!

The rules are simple. The work is hard!

1

COMPLETE TWO
45-MINUTE
WRITING SPRINTS

2

STAY
HYDRATED
WHILE
WRITING

3

READ 10 PAGES
FROM A
WRITING
CRAFT BOOK

4

GIVE
YOURSELF A
DAILY TREAT

5

TRACK YOUR
WORD COUNT

6

REPEAT!

30-DAY Tracker

Before day one, take
a moment and
remember why this
project matters to
you.

PROJECT NAME:

STARTING WORD COUNT:

START DATE:

END DATE:

MY GOAL:

WHY MY STORY MATTERS:

30-DAY TRACKING:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

WHEN THE CHALLENGE FEELS HARD, I WILL:

DAY 1 Tracker



"The scariest moment
is always just before
you start."

– Stephen King

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 2 Tracker



“The hardest thing
about writing is
writing.”

—Jacqueline Woodson

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 3 Tracker

"The worst enemy
to creativity is
self-doubt."

—Sylvia Plath

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 4 Tracker



"If there's a book that
you want to read, but it
hasn't been written yet,
then you must write it."

—Toni Morrison

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 5 Tracker



"Write what should
not be forgotten."

—Isabel Allende

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 6 Tracker

"If your writing doesn't
keep you up at night,
it won't keep anyone
else up either"

—James M. Cain

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 7 Tracker

"Writing is supposed to be difficult, agonizing, a dreadful exercise, a terrible occupation."

—Ray Bradbury

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 8 Tracker



"One thing I know for sure about raising children is that every single day a kid needs discipline.... But also every single day a kid needs a break."

-Anne Lamott

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 9 Tracker

"I can fix a bad page. I
can't fix a blank page."

—Jodi Picoult

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 10 Tracker



"Every word I write is like a drop of my blood. If it's flowed passionately and long, I need time to recover from the emotion spent before I begin a new story.

—Red Haircrow

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 11 Tracker



"We write to taste life
twice, in the moment
and in retrospection."

—Anaïs Nin

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 12 Tracker



"Creativity exists in
the present moment.
You can't find it
anywhere else."

—Natalie Goldberg

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 13 Tracker



"You can make
anything by
writing."

—C.S. Lewis

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 14 Tracker



"We may encounter
many defeats but we
must not be defeated."

—Maya Angelou

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 15 Tracker



"You don't write because
you want to say
something, you write
because you have
something to say."

-F. Scott Fitzgerald

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 16 Tracker

"The first draft is
just you telling
yourself the story."

—Terry Pratchett

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 17 Tracker

"Writing is a miserable, awful business. Stay with it. It is better than anything in the world."

—Ann Patchett

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 18 Tracker



"Writing from a true place for me is more about creating stories that resonate with my readers so that even if they've never been in that particular circumstance, they know that feeling."

—Renée Watson

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 19 Tracker

“Lean into fear.
Write the hard
poem.”

—Elizabeth Acevedo

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 20 Tracker



"The difference between the almost right word and the right word is really a large matter – it's the difference between the lightning bug and the lightning."

–Mark Twain

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 21 Tracker



“Don’t lose the
magic.”

–Tobias Wolff

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 22 Tracker



"The purpose of a writer is to keep civilization from destroying itself."

—Bernard Malamud

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 23 Tracker



"Writing is the only thing that, when I do it, I don't feel I should be doing something else."

—Gloria Steinem

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 24 Tracker



“Half my life is
an act of
revision.”

—John Irving

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 25 Tracker

"The writer must believe that what he is doing is the most important thing in the world.

And he must hold to this illusion even when he knows it is not true."

—John Steinbeck

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 26 Tracker



"Close the door. Write with no one looking over your shoulder. Don't try to figure out what other people want to hear from you; figure out what you have to say. It's the one and only thing you have to offer."

—Barbara Kingsolver

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 27 Tracker



“Editing can
come later.
Just write.”

—Angie Thomas

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 28 Tracker

"A poet is a world
enclosed in a
man."

-Victor Hugo

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 29 Tracker

"A word after a
word after a
word is power."

—Margaret Atwood

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

DAY 30 Tracker



"Fill your paper
with the breathings
of your heart."

-William Wordsworth

MOOD:



TOP 3 WRITING PRIORITIES:

1

2

3

One-sentence freewrite:



Session 1: Where did you write?



Session 2: Where did you write?



What did you drink?



Craft Book Title:

Pages:



What treat did you give yourself?



Words added or final word count:

FINAL Reflection

CONGRATULATIONS!!!
YOU COMPLETED
SO HARD
FOR WRITERS!

MOOD:



THREE THINGS I LEARNED ABOUT MYSELF:

1

2

3

WHAT DID I LEARN ABOUT MY STORY?

WHICH CHARACTER SURPRISED ME THE MOST?

WHAT ASPECTS OF THE STORY EXCITE ME?

WHAT ARE MY NEXT STEPS?

Keep writing.

