

# THE PRODUCER'S PERSPECTIVE

A BROADWAY PRODUCER'S OPINION ON EVERYTHING BROADWAY AND BEYOND



Happy Monday Pros!

So, it's true. I cheated. And it isn't the first time.

It always happens when I travel. I cheat.

And honestly, I cheated several times.

I cheated on my diet. I cheated on my writing schedule. I cheated on working out.

And now I gotta get back on track. Which as you probably know, is hard. Once you derail a speeding train it's hard to get it back on track.

Since we're getting to the end of January when most of New Year's Resolutions start to bend a bit and are at risk of breaking, I thought I'd devote this week's Tip to what to do when you cheat. Because it happens. To everyone.

No matter how much will power you have, there are going to be times when your routine gets slapped around by something popping up in your schedule (travel is a common problem for most people). And you have to be prepared to get yourself back in the groove of accomplishing your goals. Or maybe you just have a bad day and want to lie on the couch and drown yourself in Netflix documentaries.

I've been there, which is why I wanted to email you these three tips on how to deal with cheating:

## 1. Admit it and accept it.

If you fall off your wagon, don't beat yourself up. No, "I always do this," type stuff. That'll just make you feel like crap and it'll be even harder to pick yourself back up. As I like to say, never say anything to yourself that you wouldn't want someone else saying to you. If you wouldn't want someone else to call you lazy, don't call yourself lazy. If you wouldn't want someone else to call you a bad writer, don't call yourself a bad writer.

## 2. Schedule your cheats.

Everyone needs a break now and then . . . or YOU will break. Diets all have cheat days. Writing schedules should as well.. Build into your week moments when you WILL cheat. Where you'll indulge. Where you'll not give a @#\$%. This will give you something to look forward to, and also relieve some pressure. (TIP: Move your cheat days or times to those difficult schedule moments like when you're traveling, to allow yourself some flexibility at these high pressure times.)

## 3. Consult with your buddy.

You have someone to chat with, right? A goal buddy, coach, spouse, mastermind, etc., right? Tell them what happened and ask them for help to keep you accountable as you get back on track. The moment you slip from your schedule is when your goals are at their greatest risk of taking a backseat. So call in the troops.

Remember, it happens to everyone. It happened to me three times in the last three days. But don't use that as an excuse to not get back into doing what you set out to do.

Go get 'em!

Best,

Ken

P.S. Thanks to everyone who came to our Shut Up and Write last weekend! And stick around, because our next in-person event is going to be one of infamous collaborator speed dates! You asked for it, so we're giving it to you. Stay tuned as Pro Members get priority and these Speed Dates always fill up.

[This Week on the PRO Facebook Group](#)

Here are just a few things that are being chatted about on the Facebook Group this week!

- The Weekly Challenge: 5 Prompts to Jumpstart your Writing
- We are looking for Pros who have written solo shows
- The Monthly Mixer is this Thursday. Don't forget to RSVP!

[Come join the discussion!](#)