

Handy Dandy Superhero Handbook



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Tools of the trade - what deceptively ordinary-looking but super-powered objects can help you on your quests!

Playbook - Utilize the most effective strategies and tactics!

Superheroes - be inspired by your fellow superheroes! See what they can accomplish with their special powers!

Supervillains - learn about your enemies, who they are, how to defeat them!

Tool of the trade: **the idea-maker** (aka the pencil)



- Use the idea maker to sketch out plot twists, auxiliary characters, and meaningful settings.
- The idea maker can also help you jot down/map out in a few quick lines what you plan to write each day on your novel.
- When you are blocked, try doodling. Everyone can draw stick figures. Use them to come up with a new scene.
- Try a mindmap to flesh out your novel planning, using circles with words inside them and lines joining the circles. Add some doodles.

Supervillain Card
Writer's Block - a
deceptively ferocious
villain that causes
minds to go blank
when writers view a
blank page.



Tactics for defeating Writer's Block:

1. Do some free-writing.
2. Take a break and do a low-level physical activity like taking a walk or washing the dishes.
3. Do something to get your blood pumping.
4. Pick up a favorite book you've read many times and read just one page at random. Inspired?
5. Listen to some music.
6. Eliminate distractions.
7. Free-write. Write whatever comes into your head, just to prime the pump.

Neutral player

The Plot Bunny -

an ally against Writer's Block, but nemesis to your current story. Will entice writers with ideas that always sound better than their current work in progress.



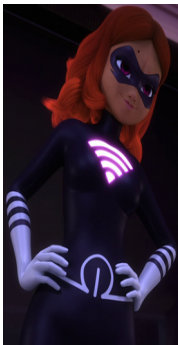
Tactics for dealing with The Plot Bunny:

1. Write the idea down for possible future use.
2. Use Word Wars, Word Sprints and Writing Buddies to focus on the words you need for the day
3. Use music to drown out the extra ideas

Superhero Partner

LADY WI-FI

Lady Wi-Fi saves the day with plenty of free wireless access and an open outlet. She's your ally in making sure your work saves and that you can access your documents on the cloud



Where to find her:

1. Public libraries. They also often have quiet rooms for focused work.
2. Coffee shops. Outlets, wifi, and caffeine. Perfect.
3. Homes. Be it your house or your friends, get to writing on a couch with flowing drinks and comfy seats.

The Professor

This villain loves to send you down the rabbit holes of Wikipedia and Google, spending an hour researching the right detail for a single line of prose. He likes to curse writers with World-Building Disease.



How to stop him:

1. Turn off your Internet.
2. Acknowledge the need for future research with a place holder, like *** or <>>, and then continue with the plot.
3. Ask someone around you if they know the answer. A two minute conversation is better than 20 minutes on a website.

Save the day with a Write-In

Write-ins are time dedicated to writing. They're the perfect place to fight Writing Villains like **Writer's Block** and **Procrastination**. Come to one of ours this NaNoWriMo or host your own! See naperwrimo.org/writeins for help!

Write-In tactics to fight Writing Villains:

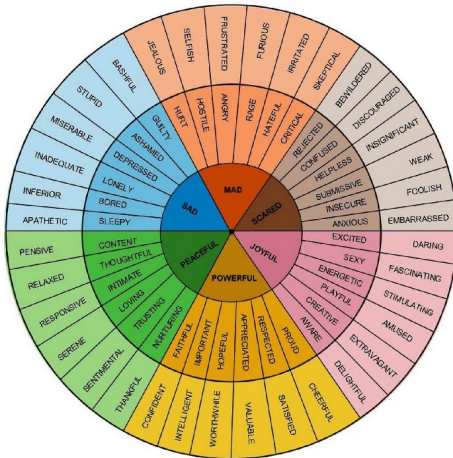
- Word sprints - focused bursts of energy to meet the next 100 or 1000 word count goal
- Word wars - timed writing challenges to see who in the group can write the most words during the war! Prizes optional.
- Conversation - ask around for help with a thorny problem, remembering a word, or naming a character
- Food & Coffee - fuel your mind and brain to push through the fight!

Writer Utility Belt

A writer's tools should always be close at hand, ready to use. Are you packing these in your writer kits?

- A bag - whether you're writing by hand or carrying a laptop, make sure you have a reliable way to transport things
- Notebook and pen - to jot down plot ideas and to brainstorm during write-ins
- Electronic backups - for those writing on a laptop, save your work! Tell Word to autosave every five minutes, or write/save to the cloud
- Snacks - a quick snack bar or handful of nuts gives you a perfect mental break and a burst of energy
- Headphones - block out outside noise or write to your novel's soundtrack
- Notes - bring all the reference documents you need

Pocket Emotion Thesaurus



Also see

<http://writershelpingwriters.net/thesaurus-collections/>

and

<https://onestopforwriters.com/emotions>

Uri Eeka

Ruler of the Hypnagogia realm, the state somewhere between sleep and consciousness, and the patron saint of Eureka and Aha moments.



Summon the powers of Uri Eeka by entering a relaxed state via a long walk

In the hypnagogia realm your mind makes free associations leading to Eureka and Aha moments

Follow in the footsteps of Einstein, Edison, and Dali and pair the powers of Uri Eeka with Nano Napper to enter the hypnagogia realm via 20 minute micro-nap

Superhero Card

Nano Napper

Following the napping inspirations of Einstein, Edison, and Salvador Dali, the Nano Napper encourages writers to take 20 minute micro-naps for a quick recharge.



Keep micro naps to 20 minutes to avoid sleep inertia

Partner with Mr. Caffeine to supercharge the napping powers with a cup of coffee prior to the your micro-nap. It takes 20 min for the caffeine to kick in. Perfect timing!

Team up with Uri Eeka, ruler of the Hypnagogia realm to achieve eureka and aha moments during your nap.

Super Writing Tactics

You never know what villain is lurking around the corner - Writer's Block? Power Outage? - so always be prepared to handle the unexpected!



- If you're using a computer to write, save often and bring your charger. And to really save the day, share a powerstrip with your fellow writers.
- Retreat & recharge. If you've been blindsided by a villain, take a deep breath and put down the story. Then, approach Writing Block from a new angle. Turn on airplane mode to stop The Professor. Then refocus to reach 50K!
- Keep notes! Be they plots or a list of characters, you'll want some type of reference to help you keep things straight.

- Plan ahead. Know the Write-In schedule, take care of tasks before you start writing, enlist housemates to help with cleaning and cooking, and stock up on groceries. You're entering a month long fight - plan, delegate, and support your fellow writers.
- Know your fatal flaw. Do you give in to the inner editor? Get distracted by a different idea halfway through? Always lose steam at 30K? Get support from writing heroes and other Wrimos to help you succeed!
- Use the NaNo forums. Stuck on how to handle a scene or need special info? Want to find other Wrimos? It's all here.

nanowrimo.org/regions/usa-illinois-naperville

Sidekicks

Need some help building up motivation, plotting, or getting your word count up? Here's a list of internet sidekicks to help you through the month of November!

Our local forums on the NaNo site

nanowrimo.org/regions/usa-illinois-naperville

NaperWrimo website naperwrimo.org/

Twitter accounts who run NaNo writing events

twitter.com/NaNoWordSprints

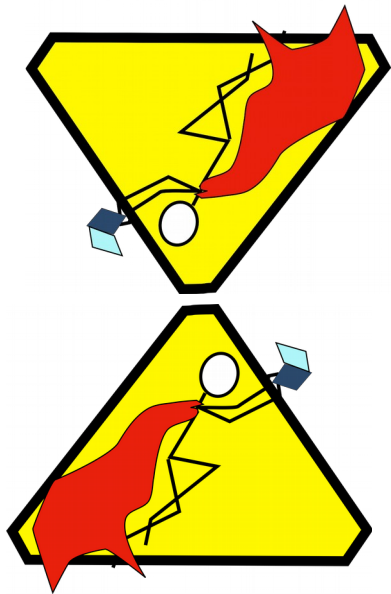
twitter.com/NaNoWriMo

twitter.com/FriNightWrites

Get a new kitten picture every time you meet a word count goal writtenkitten.net/



**Warning! Super Novelist at work!
Bystanders may be rescued!**



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Write in your daily word count and keep track of your supercharged novel writing!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Use color-coding to note dates you know will be difficult writing days and ones where you will have time to make up the slack.

Looking for a write-in? See naperwrimo.org/events and check out naperwrimo.org/crawl