

# 32 MENTAL PING PONG EXAMPLES FOR WRITING

**You're reading this PDF because you wanted to develop a Growth Mindset when it comes to writing.**

**If you've found this PDF another way, I highly recommend reading the article below first before using it, so you can understand the Mental Ping Pong technique and get the most out of it.**

**In this PDF, I'll share with you 32 Mental Ping Pong examples that you can use to turn your Fixed Mindset thinking into Growth Mindset.**

[Read More About Mental Ping Pong](#)

**To get the most out of this PDF, either:**

- Read through all of it, making mental notes of reframes that you find useful
- Skim through it and focus specifically on the Fixed Mindset thinking you identify in your own thinking - and focus on remembering those reframes
- You can also print it out and paste it on your wall, so you can always easily reference it while writing

**Below, you'll find the Fixed Mindset Thinking in bold, followed by Growth Mindset reframes.**

**You can use these reframes to dig deeper into your thinking and change it, or to play Mental Ping Pong whenever you notice yourself in the Fixed Mindset state and you want to get out of it.**

**Enjoy!**

## Mental Pingpong Examples part 1:

- **"I don't have the time to write"** -> How can I CREATE more time to write? What can I stop doing, automate or delegate to free up more time to write? How can I FIND more time in my days that I'm not seeing right now?
- **"I'm not good enough to share my ideas"** -> What if I try publishing my ideas and SEE what people say? What if I know something that most people don't? It's better to start helping 1 person at a time than to not help anyone at all. Over time I'll become better at what I do, and better at sharing my ideas.
- **"My writing isn't original enough, I have nothing new or unique to say"** -> What makes writing original? How do bloggers and authors come up with original ideas? Can I use the same exercises that they use? Can I talk about my story and experiences? Is there something unique about that? Can I come up with new unique techniques?
- **"I don't know what to write about"** -> I might not have any ideas what to write about, so let me sit down and think about some. Can I use writing prompts to generate ideas what to write? What kind of questions do my clients or friends ask me that I could answer in my writing? What have I seen others write about and thought "I could do this better"? If I don't have any good ideas what to write, I can get better at coming up with ideas what to write.
- **"I can't write consistently for long periods of time"** -> I might not know how to write consistently NOW, but I can learn how to do it over time. Was there a time when I DID write consistently? If yes, what did I do differently than I do now? What happens when I stop writing consistently? How could I prevent that from happening again? What do other people do that I could try?
- **"I'm scared of putting my ideas into the world"** -> What am I afraid of? What's the worst thing that can happen? How can I get over my fear over time? How have others done it? What can I do to minimize the chance of the worse case scenario happening? What if I put my fears aside and just see what happens?
- **"I freeze whenever I need to sell with my writing"** -> What if selling isn't bad? Without selling, we wouldn't be able to buy coffee, buy groceries, use public transportation or drive a car. What if my clients will love my products or services as much as I love a good coffee? Am I bad at selling? Which specific part am I bad at? How can I get better at it?

## Mental Pingpong Examples part 2:

- **“Writing feels self-promotional to me”** -> No ideas spread without promotion. Authors go on book tours and speaking tours to promote their books. Actors go on tours to promote their movies. Comedians go on tours to promote their work. Musicians go on tours to promote their music. How can I think about writing differently? What if self-promotion isn't a bad thing? What if I'm helping people through spreading my ideas like authors of books I love have helped me?
- **“I can't write when I have a lot of client work”** -> What if I can still write even when I have a lot of client work, just not as much as when I don't? How could I write 1/2 or 1/4 of what I usually write? How can I get better at writing when I have a lot of client work? What would I do if I HAD to write when I had a lot of client work and someone put a gun to my head?
- **“I can't write in the afternoons / evenings”** -> Is that really true? Why can't I write? Is it because I'm tired? Can I take a nap in the afternoon to recharge? Is it something else? Is it hard for me to write, or just to GET STARTED with writing? Do I even HAVE to write in the afternoons or evenings, or can I wake up earlier to write in the mornings? Was there a time when I was able to write in an afternoon / evening? How could I replicate it?
- **“I can't write when I don't have my laptop with me”** -> Can I carry my laptop around everywhere? If not, can I write from an app on my phone? Can I use a bluetooth keyboard to write on my phone? Can I dictate to my phone and record my thoughts, then get them transcribed?
- **“I'm a slow writer”** -> What if I'm not a slow writer? What if just part of my writing process is slow? What if I can learn how to write faster, and it's just a skill I haven't mastered yet? How can I learn to write faster? How have others learned to write faster?
- **“I'm a slow editor”** -> What if I can get better at editing? Which PART of editing am I getting stuck on? Is editing really the problem, or are my drafts too unpolished? Did I ever publish a post that I didn't edit so heavily? If yes, what was different about it? How can I get better at editing faster? What has worked for others?
- **“My writing is too dry, boring and technical”** -> Maybe other people whose writing I enjoy just had more training or experience than I do. Maybe I just never learned how to write in a fun, engaging way. How could I learn that? Could I learn about storytelling? Are there other resources I could use to learn how to write in a better voice? Which PARTS of my content aren't as engaging? How could I improve them?

### Mental Pingpong Examples part 3:

- **“I don’t have any good ideas what to write about”** -> What if that’s not true? What if I DO have ideas worth writing about? Was there a time where I shared a story or advice with someone and they loved it? Was there a challenge I overcame that other people want to overcome too? Could I write about that and SEE if people like my ideas?
- **“I can’t write while traveling”** -> Is that really true? Or is it possible that I just haven’t found a travel writing routine that worked for me? How / what could I write when I’m tired or jet lagged? Could I work on some of my easier content? Could I bring my laptop with me everywhere and get some writing in when I DO have openings to write? Can I learn how to get better at writing while traveling?
- **“I’m bad at finishing and publishing my writing”** -> Am I bad at finishing ALL types of content, or just certain types? What kind of posts do I usually get stuck on? Why do I get stuck on them? Was there a time when I picked up an unfinished post and finished it? If yes, what helped me? Can I get better at finishing my writing? Can I try finishing an old piece and see what happens?
- **“I can’t write when I don’t feel inspired to write”** -> Have I ever written a piece that I wasn’t that excited about initially but then got inspired while writing it? If yes, what happened? When do I usually feel the most inspired to write? What happens that makes me inspired? Is it reading? Having a great conversation? Reflecting? Something else? How could I replicate it on a daily basis?
- **“I can’t focus for longer than 15 minutes in one session”** -> Is that always true? Have I ever focused for longer than 15 minutes? If yes, what happened? Was I writing a specific type of a post? Was I in a specific place? Was I fresh? Tired? Why can’t I usually focus? What takes my focus away? What could I do to regain focus or avoid losing it? What’s something I could try today to get better at staying focused longer?
- **“I can’t write for more than an hour a day”** -> What was the MOST I’ve ever written in a day? What was I writing? What were the circumstances? How could I replicate them? Why can’t I write for more than an hour a day? Do I not have the time? Energy? Focus? How could I fix that? What if I tried writing as much as possible in a day? Can I try it out this week and see what happens?
- **“I get stuck in outlining all the time”** -> Why do I get stuck in outlining? What happens? Did I ever not get stuck in outlining? What did I do differently then than I do now? Could I use a different outlining process to not get stuck? What different outlining processes are out there? Can I find one that works better for me than the current one?

## Mental Pingpong Examples part 4:

- **“I can’t decide what to write about”** -> Why can’t I decide what to write about? What am I afraid of? What’s preventing me from starting with the first piece on my writing list? Can I write it and see what happens? What’s the worst thing that can happen if I do that? Can I switch to another piece if the first one I choose doesn’t work? Isn’t it better for me to write a piece that isn’t perfect than to focus on finding the perfect piece to write (and wasting a lot of time thinking about writing)?
- **“I can’t stick with appointments I make to myself (like doing a scheduled writing session)”** -> Why is that? Was I always that way? Why do I resist sticking with my commitments? Is it possible that I just never developed the discipline to stick with what I said I’m going to do? How could I start developing that discipline today? Could I just schedule ONE writing session a week and focus on getting it in (rather than filling up my calendar with sessions I never follow through with)? What else could I do to become more disciplined?
- **“I’m bad at getting back on track with writing”** -> Do I have a routine for getting back on track with writing? If not, why not? How could I create one? What could I try? What do other people do? Why do I fall off track in the first place? What usually happens? How can I prevent falling off track? How could I get back on track in HALF the time? What can I do differently than I’m doing now? How can I get better at getting back on track?
- **“I can’t write when I sleep in and feel like I’ve fallen behind”** -> Is it really the end of the world if I sleep in? Isn’t it better to accomplish something later in the day rather than think about not accomplishing anything? Could I “save the day” and get some really important writing done that I’ve been putting off for a while? Can I get some easier writing in in the evening to make up for lost time? What if I slept in because I really needed the rest / social activities, and not because I’m lazy? What if this was EXACTLY what I needed to do today?
- **“I can’t write when I’m thinking about other things”** -> Was I ever able to “get in the zone” even though I had a lot of other thoughts in my mind? If yes, what happened? What could I do to clear my head? Could I meditate? Freewrite? Journal? Talk to a friend? Resolve the situation and THEN write, rather than worry about writing? Put some music on? Could I get better at clearing my head, OR writing even when I have other thoughts in my head?
- **“I can’t write more than 1,000 words per day”** -> Have I ever written more than 1,000 words in a day? If yes, what happened? If not, why not? What’s preventing me from doing it? Could I do it some time this week? What could I do to write 2,000 or 3,000 words in a day? What works for other people? What do they do differently than I do? How could I replicate it? What if I can gradually get better at writing more every day? How would I do it?

## Mental Pingpong Examples part 5:

- **"I can't write more than 5,000 words in a week"** -> Why not? What stops me? How could I overcome that obstacle? What could I try that I didn't try yet? Could I add another writing session every day? Could I learn how to write faster? Could I create more time to write? Could I write on a Saturday or Sunday morning? What else could I do to write more?
- **"I agonize over every word and image before I publish a post"** -> How could I stop doing that? What's an experiment I could run to learn how to publish my ideas faster? Could I publish just one imperfect post and see what happens? What if making my post perfect won't make any difference at all in how it's received? How can I find out if it will or won't? What if I published a perfect post and it got a bad response? What if I published an imperfect post and it got an amazing response? Why am I agonizing in the first place? What am I afraid of? How could I address that fear?
- **"I'll never be able to write as much as I want to"** -> What if that's true? What if every writer feels the same way? What if that's not a bad thing, and it's a good thing? What if it means that I'll never run out of ideas what to write about? Still, how could I write more? What is my biggest bottleneck that prevents me from writing more? How could I remove that bottleneck?
- **"I should be in the perfect state in order to write"** -> Did I ever write when all the conditions WEREN'T perfect? If yes, when? What happened? Was my writing good or bad? Is it possible to create great writing when you're not in the perfect state? What if it was possible to write even better when you're tired, because you might censor yourself less? How could I SEE for myself that I can write even when conditions aren't perfect? What could I do about that RIGHT NOW?
- **"I can't stick with a content calendar"** -> Is the problem in me? Or is it in the calendar? Could I create a different content calendar that would work better for me? What other types of content calendars are there? What about the calendar makes it hard for me to stick with it? How could I change that? What if I just haven't learned how to stick with a content calendar? What if it's just hard for me to do it in the beginning, and it will get easier or even automatic in a few weeks? How could I try that out?

### Ok, we're all the way through!

I hope that these reframes will help you get better at Mental Ping Pong, spend more time in the Growth Mindset, and write more.

**-Primoz**

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