

The Iceberg Illusion

A brilliant teacher in Canada, Sylvia Duckworth, created this image to illustrate how much work goes on behind the scenes of anything grand and amazing, especially writing. She shows us that what we see in a final writing piece is not everything that a writer must put in. Take a moment to reflect on those underwater skills and what you have done as a writer to create that writing piece.



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Underwater Skill	Ideas to Work With the Underwater Skill	What You Did and How That Helped You
<p>Dedication: This is a mental commitment to stay the course. It pairs well with persistence.</p>	<p>Make a commitment to yourself before you begin that you will stick with it no matter what comes.</p> <p>Plan ahead for ups and downs. Expect them, and stay the course.</p> <p>Ignore the voices (inside your head and out) that encourage you to give up. Talk back to them and say, "I'm not listening!"</p> <p>Ask others to celebrate your dedication with you.</p>	
<p>Hard work: Put in effort to make writing the best it can be.</p>	<p>Remember that hard work is not easy work. That is why it is called hard. Expect hard.</p> <p>Remember that hard work always, always pays off for you in the long run.</p> <p>Set goals and work to meet them. Even if you don't feel like it. You will surprise yourself.</p>	

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<p>Good habits: These are the “healthy” choices we make as writers like writing every day, making the most of our time, and setting goals.</p>	<p>Pick one habit you know will benefit you the most. Vow to do that every day.</p> <p>Good habits are not always fun, but they can make you feel good in the end. Celebrate those good feelings.</p> <p>Write every day, even if you don’t feel like it. Talk to another writer every day about writing.</p>	
<p>Disappointment: In writing, sometimes things don’t work out as planned.</p>	<p>Sit with disappointment. Don’t try to pretend it is not a feeling.</p> <p>Learn from disappointment. Think, “How did I get here and how will I get out of here?”</p> <p>Think, this is disappointing now, but not forever.</p> <p>Talk to others who have experienced disappointment and ask what they did with it. Try out their advice.</p>	
<p>Sacrifice: When we write we give up some other things that we may want really badly.</p>	<p>We all give up something to get something. Think of sacrifice as an investment.</p> <p>Imagine all you will gain. Know that what we do now, while challenging, disappointing, or hard, will be worth the work and feeling for much, much longer.</p>	
<p>Failure: Writing just didn’t work out. It may be a small mistake or something big and very overwhelming.</p>	<p>Failure is a gift to treasure! May you have lots more! When things have not gone well we will learn. Jot down and use what you will learn from this failure.</p> <p>Failure sometimes feels terrible, but it is like eating a really healthy, not very yummy vegetable. It helps us grow. Name the changes you plan on making because of this failure.</p> <p>Think of all of the people we admire who “failed” first. Imagine if they let that stop them (Michael Jordan, the Wright Brothers, your teacher). What are your next steps to make sure that failure will not stop you?</p>	
<p>Persistence: Sticking with writing even when things get tough.</p>	<p>Persistence is the ability to do what is right even if you don’t want to. When you don’t feel like doing something, get up, grab all of your materials, and find a different spot to work. Often a change of location is motivating.</p> <p>Make a commitment to yourself, or a friend, that you are going to do something. Follow up with yourself or your friend to celebrate what you have done.</p>	