

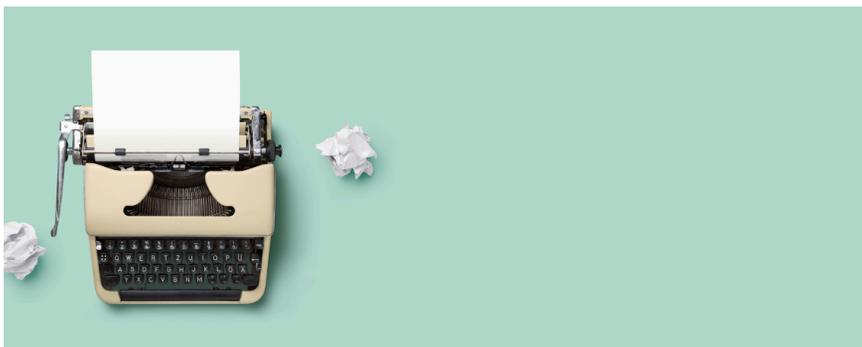


## ❄️ Welcome to February! ❄️ Embracing Inclusivity & DEI

Welcome to February: February marks national observances of Black History Month, International Day of Women and Girls in Science, and the Chinese New Year. Technica continues to support inclusivity and the richness it brings to our writing community.

This month, we continue to build on your writing practices and explore the significance of your morning writing routine, which plays a vital role in your creative journey. And as we navigate through the change in U.S. administrations, we explore the challenging issues confronting the scholarly publishing community. Also included is a refresher on RightsLink and Creative Commons — and finally a look at Technica's Project Spotlight.

Let's dive in! 📖 ✨



## How to Develop a Morning Routine

Here at Technica, we're all about routines, which is why we're talking about morning routines for writers. Mornings can be tough, can't they? Your phone alarm goes off, but you hit snooze and cocoon yourself deeper in your bed. Just a few more minutes!

We get it. But for writers, the quiet hours of your morning routine can spark a special kind of magic with your creativity and productivity...and it can set you up for the rest of the day. A lot of people dread mornings. Squeezing writing time into random pockets of time can be tough. But when you establish a morning routine tailored to your writing life, you might just end up with a clearer mind, more consistent writing sessions, and the satisfaction of starting each day with intention.

Read on for our steps on how to transform your mornings.

### Step 1: Set Your Intentions

First things first: think about *why* you want a morning routine. Is your goal to write more consistently? To create mental clarity? Or maybe you just want to carve out uninterrupted time for your craft. Knowing your intentions will help you stick to your routine and shape it around your specific needs.

Once you identify your goal, it will be easier to build a routine around it.

### Step 2: Wake Up at a Consistent Time

Waking up early isn't everyone's favorite thing. We get it, but consistency *is* key. Whether it's 5:00 AM or 8:00 AM, pick a wake-up time that works for you and stick to it.

Here's the trick: don't set an unrealistic time (we definitely opt for 8 AM!). If you're not naturally an early bird, forcing yourself to wake up at 5:00 AM is a recipe for burnout. But if you are a 5 AM clubber, more power to you! Wherever you fall, aim for a time that feels doable but still gives you space for your routine.

**Technica Tip:** Put your alarm clock (or phone) across the room so you have to physically get out of bed to turn it off. It's a surprisingly effective strategy.

### Step 3: Start with Something Grounding

Getting up and then jumping straight into writing first thing might not work for everyone. Sometimes your brain needs a little warm-up before the words start flowing. Beginning your morning with an activity that grounds you can set the tone for your day—and gives you time to get settled.

Here are a few of our favorite ideas:

- **Stretch or do yoga:** Loosen up those muscles that stiffened overnight.
- **Meditate:** Even five minutes of mindfulness can help you focus.
- **Drink water or tea:** Hydrate while enjoying a quiet moment.
- **Journal:** Free-write about whatever's on your mind to clear mental clutter.

We love many of the ideas in this [article](#).

### Step 4: Create a Writing Ritual

We believe the key to a successful morning routine for writers is making your writing time sacred. To that end, set up a ritual that signals to your brain, *Hey, it's time to create!*

Here's what your writing ritual could look like:

- Light a candle.

- Open my laptop and a specific document (no scrolling on social media allowed!).

- Play light coffee house jazz.

A routine like this can signal your brain to focus on your writing. Over time, these cues can become almost Pavlovian—when the candle’s lit, it’s writing time.

Your ritual could include anything that helps you get in the zone:

- Writing in a specific notebook or document.
- Brewing your favorite coffee or tea.
- Using a timer to create a sense of urgency.

#### **Step 5: Start Small**

If the idea of writing every morning feels daunting, start with small, achievable goals. Instead of aiming to write 1,000 words, try for 15 minutes or 200 words. Think about SMART goals and your quarterly [goal-setting](#). Small wins build momentum, and before you know it, your morning routine will feel natural.

Remember, your routine is not about perfection—it’s about consistency. Even if you only write one sentence, that’s progress!

#### **Step 6: Reflect and Adjust**

There is a good chance your routine won’t be perfect right out of the gate. After a week or two, take some time to reflect. What’s working? What’s not? Maybe you realize that journaling is more helpful than you thought, or that you need to wake up 30 minutes earlier to fit everything in.

The point is, don’t be afraid to tweak your routine as you go. The goal is to create something that feels sustainable and supportive for your writing life. Reflect and adjust.

#### **Technica Tip: What About Days You Don’t Write?**

Here’s the thing: not every morning has to be about writing. Some days, you might use your morning routine for reading, brainstorming, or researching. The important part is maintaining the habit of dedicating time to your creative practice, whatever that looks like.

#### **Step 7: Celebrate Your Wins**

As always, we believe in celebrating! Building a morning routine isn’t easy, so give yourself credit for every little victory. Wrote 100 words? Celebrate. Stuck to your wake-up time all week? Celebrate.

Whatever celebration looks like to you, we encourage you to acknowledge your effort. It’s a great way to stay motivated and remind yourself why you started in the first place.

#### **The Takeaway**

Developing a morning routine geared to your writing life can feel like a big shift, but it’s absolutely worth it. You’ll get more done and feel more connected to your craft.

Start small, be consistent, and make your routine your own. Before you know it, mornings might just become your favorite time of day.

#### **Technica Tip: Want more help with your morning routine?**

We’re big fans of the [Morning Sidekick Journal](#), which can set you up for success.

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## **Technica Tidbits**

 **[Report: “CDC Researchers Ordered to Retract Papers Submitted to All Journals”](#)**

 **[Report: Cheaper eBooks for Libraries Could “Revolutionise the Promotion of Reading”](#)**

 **[AI-Voiced Audiobooks: Guidance for Consumer Labeling](#)**

 **[Julianne Moore Says Her Book 'Freckleface Strawberry' Was Banned by Trump Administration](#)**

 **[SP Board reflects on current challenges and commitment to DEIA](#)**

 **[Copyright’s Big Win in the First Decided US Artificial Intelligence Case](#)**



## **Navigating Scholarly Publishing in the Trump Era: Trials and Tribulations Faced by Academics**

**by Chris Moffitt**

The inauguration of a new presidential administration always has an effect on the publishing industry whether that impact be minimal or substantial. In the case of Donald Trump’s second inauguration as president of the United States, that impact seems likely to be monumental. Within his first week in office, newly elected President Trump has signed dozens of executive orders affecting federal funding and scientific research, all of which will likely affect researchers submitting work in scholarly journals and publications.

## Project Spotlight



### *Aftertaste*

By Naomi Holoch

Who doesn't love a good mystery. We sure do! That's why we so enjoyed working with author Naomi Holoch on her new book, *Aftertaste*.

The plot follows Eileen Brandow, a destitute widow of a recently deceased NYC banker, who accepts a life-saving assignment from Edgar, an old editor friend. She will travel to France—the home of her childhood—to write about goat cheese for his left-leaning gourmet magazine, *The People's Palate*. Arriving at a farm in the south of France, she discovers her contact has been murdered. Within minutes Eileen proceeds to bumble her way through a fast-paced tale of mayhem and intrigue, where she will be cast as both suspect and victim, while attempting to unravel a crime rooted in the past, with tentacles that reach back to the Second World War and Algeria's fight for independence from France.

Technica created the cover illustration and design, designed and composed the interior pages, created an epub, and will be assisting with an audio version of the book. In-house designer Harry Nestor also created a unique chapter ornament -- a classic Citroën 2CV, which itself figures as a prominent character in the story.



Looking to finally finish that manuscript you've been working on? Take the next step. Technica Editorial offers editorial support including copyediting, developmental editing, interior page layout and design, cover art, and more.

**Contact us!**



### **The Art of Pitching: Navigating Query Letters and Book Proposals**

A Technica Resource

**QUERY LETTERS:** Your Elevator Pitch on Paper. Imagine you're in an elevator with the literary agent or publisher of your dreams. You've got a scant sixty seconds to get them intrigued about your nonfiction project. That's exactly what a query letter aims to do, but instead of talking to a stranger in a lift, you're relying on the magic of written text.

Explore the specifics of **[Pitching Query Letters and Book Proposals](#)**

Seeking additional guidance or inspiration? Explore our **[Resources](#)** for downloadable author guides and tools!



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