

Writer Worksheet

Visualisation: Success & Failure

Bravo! You succeeded- you finished your book, you published it, and you are marketing it so it sells well...

How do you feel? How does your life look?

How do people treat you?

What do people think of you?

Eek! You failed. You gave up and you never finished your book, or you quit before it had a chance to do well.

How do you feel? How does your life look?

How do people treat you?

What do people think of you?

Writer Worksheet

Watch your attitude!

-My mindset: What is my current mindset when it comes to writing?

-My purpose: Have I found my purpose? Am I aligned with my purpose?

-My level of commitment. How motivated am I? How disciplined am I?

-My resilience/how thick-skinned am I?

-My level of self awareness : how am I doing? which setbacks have I had that I can learn from?

-My level of education about writing and marketing:

-My gratefulness: What am I thankful for in my writing? How far have I come? Who has helped me?

-My positivity: how can I increase my odds of success through positive thought and action?

-My actions: are they aligned with my attitude?

Writer Worksheet

Destroy your excuses

Describe in detail where you are getting stuck in the writing process, and how, when it comes to each of these categories. Use all your best excuses.

-Fears & worries

-Distractions

-Work & responsibilities

-Fatigue/emotional factors

-Issues with my story

-Problems with me as a writer

-Writer's block/resistance

Now ask yourself, for each excuse:

- 1. Would I believe this excuse if anyone else besides myself was saying it?***
- 2. Does this excuse even make any sense?***
- 3. Am I really going to let this excuse stop me?***

Spalmorum

Writer Worksheet

Mindset reframing

-What is something about my writing that makes me feel bad?

-What are small things I can do to feel even a little bit better about it?

-Where do I feel I have I failed in my writing?

-Is there a way to undo that, or to turn it around?

-Are there any talents or abilities I don't feel great about?

-Is there a way I can improve them or feel better about them?

-Do I feel stuck in a rut with my story or with my author platform?

-What is one small thing I can do to make things fresh again?

-Reframe any other unproductive thoughts you've had about writing here:

Writer Worksheet

Plan for Writing Success!

-What is my goal? (write down any writing or book marketing goal here. Print out as many copies of this worksheet as you need.)

-Do I have the tools and the knowledge I need?

-Is there anything I need to do before I start?

-When can I start and how much do I plan to work on it?

-How long will it take me to complete? How do I figure this timeframe?

-What will be the steps along the way?

-How will I know when I am finished?

-What is my ideal result? What is the minimum result I will be satisfied with?

-How will I reward myself and what will the next goal be?

Writer Worksheet

Bestseller formula: How does my book measure up?

A useful element in my book that people can use in their lives/ things readers will learn:

How readable is my book? How clear?

Will readers identify with my characters and their story?

How clear is my plot and my focus?

How entertaining is it?

How interesting is my setting?

What is the pace like? Is it fast moving?

Am I excited by the subject of this book?

Will my book bring joy?

Writer Worksheet

Audience Avatar: Who is my audience?

How old is the audience? Man or woman?

What is the social / economic / educational / professional level of the audience?

What values, philosophies, and beliefs would be common to this audience?

How does the audience feel about its past? its present? its future?

Does the audience have certain expectations from what it reads?

What issues make the audience angry or defensive?

What kind of character would your audience most identify with?

What kind of setting and storyline?

What are your best ways of marketing to/advertising for your audience?

Writer Worksheet

Is there a market for my book?

Do other books similar to yours already exist? (If no, why not?)

How successful are these books?

Find a book in your genre that did well. What do reviewers rave about?

What do reviewers complain about?

Is there something you can do with your book to improve on this?

What does your book have that the others don't?

What topics are currently trending that might add to the appeal of your book?

What could be your book's competitive advantage?

How do these books market themselves or fail to market themselves?

Writer Worksheet

Visualisation: Success & Failure

Bravo! You succeeded- you finished your book, you published it, and you are marketing it so it sells well...

How do you feel? How does your life look?

How do people treat you?

What do people think of you?

Eek! You failed. You gave up and you never finished your book, or you quit before it had a chance to do well.

How do you feel? How does your life look?

How do people treat you?

What do people think of you?

Writer Worksheet

Watch your attitude!

-My mindset: What is my current mindset when it comes to writing?

-My purpose: Have I found my purpose? Am I aligned with my purpose?

-My level of commitment. How motivated am I? How disciplined am I?

-My resilience/how thick-skinned am I?

-My level of self awareness : how am I doing? which setbacks have I had that I can learn from?

-My level of education about writing and marketing:

-My gratefulness: What am I thankful for in my writing? How far have I come? Who has helped me?

-My positivity: how can I increase my odds of success through positive thought and action?

-My actions: are they aligned with my attitude?

Writer Worksheet

How writer's block affects me

When does writer's block hit?

How does it make me feel?

Does it impact my odds of success?

How will I feel if I don't finish my book?

How will I feel when I do finish my book and publish it?

What have I tried that has worked to get me unstuck? What hasn't worked?

How do I feel if I keep writing or trying to write through writer's block?

How would I feel if I were to stop writing? For an hour? For a day? For a month?

Is there a 5-minute writing related task I could do to try to move forward while I feel this way?

Writer Worksheet

What kind of book should I write?

Which type of book do I read most and why?

What kind of movies do I enjoy most and why?

Could I imagine yourself writing a book in that genre? Why or why not?

Would it be easy for me to write within that genre? Why or why not?

What kind of subjects, settings and time periods do I like & like reading about?

What kind of characters do I like? Why?

Do I know who the audience is for the genre I'm interested in?

My genre conventions (length, style, pacing...) (if you don't know them look them up):

Audience avatar for my genre:

Writer Worksheet

Do I really want to write a book?

Why do I want to write a book?

What do I hope to get out of writing this book?

Why a book instead of a poem, a screenplay, or a short story?

Why would this story make a good book?

How long have I been wanting to write?

Am I willing to sacrifice and put in the work for this to happen?

Once I write this book, will I write another?

Why do I think now is the time to start?

Do I have a plan for writing & publishing this book?

Writer Worksheet

What is writing success to me?

Who are your favorite writers? What separates you from them and from successful writers in general?

How would you like to emulate them/ differentiate yourself from them?

What made you want to become a writer? Do you still feel that way?

How do writers look/ act/ live? How is this different from you now?

What are your measurable and intangible criteria for being a “real writer”?

Which ones do you have/which are you lacking?

How will your life change as a “real writer”? How will you feel? How will you act?

What does your ideal writing space look like? How is it different from your current writing space?

What is your plan for becoming a “real writer”? What parts of it are you doing right now?

Writer Worksheet

Finding Inspiration

Why am I uninspired? What is the worst case scenario that will result from this?

What has inspired me in the past? Why isn't it inspiring anymore.

What are some of the books/movies I wish I had written, & why?

What is a recurring/memorable dream or fantasy I've had?

What's an interesting conversation I've had/witnessed:

3 book ideas I initially thought were great but then quit, and why.

What is the most boring story plot I can imagine?

Browse the shelves of your local library (or Amazon). Which titles grab my attention and why?

Which piece of art do I love and why?

Writer Worksheet

What I need to know

What is my book idea?

What genre is my book? Why? How long does it need to be? What tense or point of view?

Who are my characters? What are my locations?

Do I know how to write an outline, a synopsis, and a character/location bible?

What will my writing routine be? How long will I take to finish?

What is my story arc? How will the book start and finish?

Who will I have edit the book? How will the process work?

Do I want to self publish the book or have it published conventionally? Why?

What is my marketing & author platform plan?

***If you don't know the answer to any of these questions, or what they even mean, you now know that you need to do some research to find the answer. This is no big deal!

Spalmorum

Writer Worksheet

What kind of book should I write?

Which type of book do I read most and why?

What kind of movies do I enjoy most and why?

Could I imagine yourself writing a book in that genre? Why or why not?

Would it be easy for me to write within that genre? Why or why not?

What kind of subjects, settings and time periods do I like & like reading about?

What kind of characters do I like? Why?

Do I know who the audience is for the genre I'm interested in?

My genre conventions (length, style, pacing...) (if you don't know them look them up):

Audience avatar for my genre:

Writer Worksheet

What kind of book should I write?

Which type of book do I read most and why?

What kind of movies do I enjoy most and why?

Could I imagine yourself writing a book in that genre? Why or why not?

Would it be easy for me to write within that genre? Why or why not?

What kind of subjects, settings and time periods do I like & like reading about?

What kind of characters do I like? Why?

Do I know who the audience is for the genre I'm interested in?

My genre conventions (length, style, pacing...) (if you don't know them look them up):

Audience avatar for my genre:

Writer Worksheet

Disarm your Ego!

-How well do I know my true self?

-When have I noticed my ego impacting my behavior?

-How do I feel about my abilities compared to others'?

-What are some of my limitations as a writer, and areas where I could focus on growth?

-How do I feel about other writers' successes?

-When have I been too quick to judge others?

-How do I *honestly* feel about honest feedback?

-How do I feel when I try to or need to call attention to my achievements?

-How well am I able to move on from rejection or negative feedback?

Writer Worksheet

Make your book rejection proof

Is there a reason my book wouldn't do well right now, or ever? (Financial, format, genre, trends...)

is my book original enough? Is it TOO original?

How is my language & style? Is it clear and precise? Is it shocking or too graphic?

How strong are my conflict and my plot? Is there a lot of tension that moves the story forward?

How is the beginning of my book? Does it grab you?

Is my main character likable and imperfect and is my antagonist nuanced?

Do I have a good synopsis and query letter?

Do I have an author platform?

Do I think there is a market for my book? Do I know who they are and where to find them?

Writer Worksheet

Productivity Challenge

60-90 minute time slot	Measurable Task/ Goal	What actually got done/ how I feel about it	What I did for my 15-20 minute break.