

3 Simple Steps to a Book You're Proud Of

Worksheet

1: Know your MTR:

Why did you decide to write a book in the first place? (The Big Why):

Who will be helped by your book?

Describe your MTR (Most Treasured Reader):

What is their greatest fear or challenge?



What do you know, and can write about, that will help them the most?



2: Plan, plan, plan.

Which list suits you best? Tick the box:

- List-type plan
- Mind Map
- Post-It Plan
- Chaotic All-in plan

Two more things:

- Make time in your calendar to create your plan. Block in 20 minutes to start. See how you go. Then block in more time if you need it. And,
- Block in some time in your schedule to review your plan. Make that 10 minutes or so every month.

Done? Excellent. You're almost through the worksheet. Onto the third and final point:

3: Habits that help:

1 2 3 4 5 6 7 8 9 10

Choose the number that represents how you feel about writing your book. (1 means 'I don't care at all, and 10 means 'I *must* do it, there's no option not to.')

What I fear most about writing my book is:



A few ways I can get through the fear and write anyway are:
(Remember to include connecting with your MTR)

