

CHAPTER 1 WORKSHEET

How Does it *Feel* to Be a Writer?

Logical Level Action Items

Below are six action items, one for each Logical Level discussed in Chapter 1. Select the action(s) that will most help you to experience what it feels like to be a writer.

Environment action item: If you haven't done so, set up the best writing environment you can. Choose a suitable location. Get the equipment, references, gadgets, and software you need for efficiency and productivity. Read more about a writer's optimum environment in Chapter 11.

Behavior action item: For a current project, make a sequential list of required activities, from start to finish. Estimate the length of time needed for completing each activity. Establish target start dates and end dates for each activity. Put them into a planning table like the partial one which follows. This will help you to identify the behaviors needed to complete the project and estimate the amount of time needed for each. See more about planning and time management in Chapter 11.

Capability action item: Look over your list of activities and tasks (the previous action item, above). Assess your skill levels for each one. What skills do you need to learn or improve upon? How will you do it? You could read a book, or attend a workshop, webinar, teleseminar, or writer's boot camp. You could hire a tutor or a writing coach.

Beliefs action item: Write down a single empowering belief that will reliably support your goals as a writer. Start with the sentence stem, "I believe ..." Say it aloud. Visualize the fulfillment of this belief. Visualize

Activity	Start Date	End Date	Comments
Conduct market analysis			
Develop draft Table of Contents			
Outline each chapter			
Develop Research Plan			
Conduct research			
Write query letters			

this belief as a light that emanates from your brain down to every cell in your body, until your body is alight with the glow of it.

What is one decision you could make today that would inevitably emerge from this belief? What action will you take to implement this decision? When will you do it? Where will you do it? How will you do it? Plan it now. Act on your belief.

Identity action item: Locate a community of writers (or experts in your topic) with whom to associate. It could be an online community, a local group, or a national association. Participate, share, network, and learn.

Spirituality action item: Write a three-paragraph mission statement in the space below. In the first paragraph, describe your ideal readers, clients, or customers. In the second paragraph, describe how your writing benefits those kinds of people. In the third paragraph, describe a larger purpose for your writing. Keep these points in mind for inspiration.

My ideal readers ...

How my writing benefits my ideal readers ...

The larger purpose of my writing ...
