



"WRITER'S BLOCK" BUSTER

30 prompts that get you out of "I'm stuck"
and into powerfully telling your story.

Bye Bye, Writer's Block

You may already know (if not, you'll soon learn...as in, right now) that I don't believe in writer's block. "Writer's block" is simply a name given to a feeling we have when we a) aren't clear on our message and/or b) are having internal drama over sharing the message (which often sounds like "Should I?" "What will so-and-so think?" or "What if I can't put it into words well enough and I sound ridiculous?").

Once we move through these challenges--which are all little more than thought-generated BS--it's amazing how easily what we previously labeled "writer's block" quiets down, and we get on with the business of impacting others by sharing our experiences, perspectives, and insights.

I've successfully used the following exercises and prompts with clients over the years to help gently guide writer's block to the backseat, where it belongs. They're a bit different than other prompts you may have seen, in that they aren't questions that are each independent of one another. They work together, synergistically, to get you out of your head and into your heart, which is where the story resides (and can't ever be judged--because truth exists in a judgement-free zone).

It is my great hope that these exercises and prompts help to get you back on your way to writing the powerful book that is meant to help someone else navigate their journey.

"It's important that we share our experiences with other people. Your story will heal you, and your story will heal somebody else. When you tell your story, you free yourself and give other people permission to acknowledge their own story."

--Iyanla Vanzant

"Don't let anyone tell your story. Pick up a pen and write your own."

--Majid Kazmi

Show your reader that you "get it" by deeply relating to him/her

Write a letter to your ideal reader using the following prompts:

- I know that you feel...
- I know you're afraid that...
- I know it seems like...
- I know you've tried (the following approaches)...
- I know that those approaches didn't work because...
- I know you wish that...
- I know you want...
- I remember a time when I, too, felt like no one understood what I was feeling. (Describe that experience.)
- You are capable of figuring this out. Here's how I know...

Write a free-flow essay

- Start your essay with a story that illustrates the biggest challenge (or one of the biggest challenges) you had while going through the journey your book speaks to.
- Identify 5-7 solutions you came up with that helped you wade through the swamp and exit onto solid ground---steps/solutions you believe can help others as well.
- For each of those 5-7 solutions/steps, identify:
 - How the idea came to you
 - What initially scared or excited you about it
 - What surprised you (in a good way) while implementing it
 - How this step most strongly impacted your ability to keep moving forward
 - How you suggest that others implement this step

"One day you will tell your story of how you overcame what you went through and it will be someone else's survival guide."

--Unknown

Talk to yourself

(This may sound a bit "out there," but stay with me...)

If you could be interviewed by anyone, living or not, who would it be? Now, pretend you're sitting on a stage with that person. 1,000 people have paid to be in the audience. They've read your book (the one you're now writing)--or heard about it--and can't wait to learn from your experience. You're well-regarded; you have nothing to hide and nothing to prove. You're there to share openly and honestly, and you are willing to do so without expectation of or attachment to anyone's reaction. The interviewer asks you the following questions. How do you respond? (I often suggest that you record your answers on your phone or another device. It's amazing how many juicy bits of info come out when you're in a relaxed, confident place of self-trust, and you will *not* be pleased to have no record of them when you're finished!)

- Why did you want to write this book?
- What did you most want to help others learn to navigate in a more powerful way?
- What were you most afraid to share in the book and why?
- What was the biggest turning point in your journey (not writing but living through the experience)?
- What was the biggest lie you were ever told when as you were navigating your journey?
- What are you most grateful for when it comes to your journey (that surprised you)?
- What did you discover about yourself through this experience that most surprised you? Why was it such a surprise?
- How are you different today from the person you were when you first started writing the book?
- What did you experience along the way that you absolutely did not expect?
- Who served as a "magical mentor" on your journey?
- What are you most proud of when it comes to your story?
- What was the hardest part about writing the book?
- What are the top 3 messages (summarized in 1-2 sentences each) you'd like to leave everyone with today?

Writing Prompts

Put it all together

It's magic time.

If you take the letter you wrote to your reader (by the way, if you feel like your reader is YOU three months, years, or decades ago, you are in good company. Many aspiring authors I work with have this perspective!), add the essay below it, and identify where in the structure the stories and insights you shared in your "future interview" fit into the letter/essay structure, you've got yourself one heck of a solid start when it comes to identifying YOUR unique reader and message. You can build from there.

The key is simply to *keep going* and have a committed willingness to work through (NOT push through) the resistance that comes up along the way. This is where many people again get "stuck." The resistance you feel (that makes no sense because you were so excited after doing these exercises) is likely keeping you from experiencing incredible outcomes *beyond* becoming a published author.

If you'd like support as you hone the structure and content of a powerful, thought-provoking book that stands out *and* untangle the parts of yourself that continue to keep you feeling stuck, I'd be honored to be in your corner so you can get your message out and expand into the next best version of yourself in the process!

If you'd like more guidance so you can write and publish a powerful, impactful book that stands out, check out all of the resources and programs available through my website!