



30-DAYS TO FREEDOM BOOK PLAN

BOOK BONUS: BEHIND THE COVER

Build the habits to make you a writing
master in

4 WEEKS= 30 DAYS

I am going to challenge you

Take the contents of this book and put them to good use. Becoming a master writer requires building the proper habits to reinforce the activities and methods that top writers use. With that in mind, I am challenging you to a 30-day transformation. They say 21 days are required to build a habit, so if you are really serious about becoming a writer, or completing your book, adhering to a program like this is the best way to get you there.

Action Plan: Choosing What You Want

Perhaps the most important part of this process is to determine exactly what you want your outcome to be at the end of this 30 days. What is your goal? To have a rough draft complete? To write for a certain amount of time every day? To have a certain number of words written?

During the course of my training, I encourage everyone to consider their **three most important goals**. I also suggest that everyone broadens those horizons by looking at the big picture. Imagine the best possible outcome for these 30 days and beyond. What goals are worth developing in a better way? For the purposes of this 30-day challenge, I would suggest the following:

Pick one thing in your life that you already do very well. This could be a habit or life area that is strongly established in your mind as a positive success or trait. This will be your anchor. You know you are already successful and you can call on this if you are feeling discouraged. In the quest to build a solid habit, we don't want to give ourselves too many obstacles to get in the way, so one solid success should do the trick.

I also want you to pick two people that you can call on for support during this course of this challenge. People who you have the ability to freely connect and interact with, trust and who can offer encouragement, feedback and a kick in the butt when needed. We'll call these people your "sparks."

Finally, I want you to select one goal to be your "flyer." That's a bettor's term for an un- sure thing - a risky proposition that might not yield anything, or might yield a great re- turn. I want you, in addition to your 3 measurable, attainable goals above include one flyer, a beyond-your-wildest-dreams goal. It may be 'To Become A New York Times Bestselling Author', to 'Sell 1 million copies online.'
THINK BIG PICTURE.

You don't have to be afraid! And even if you are, just a little, there's a reason why I call this a challenge. It takes a little bit of audacity to commit to completing a book in 30 days, and you may not know right off the bat that you can do it. But you

need to start reaching beyond your established roots if you're going to be able to accomplish great things. Remember – you're only one book away from being able to accomplish every- thing that you want in this life! Start thinking big, start thinking strategically, and pick a goal that you know can stretch you out of your comfort zone and amplify your results.

So, right here I want you to jot down your 3 goals, your anchor, your 2 sparks and your 1 “flyer.”

Action Plan: Creating a plan

For the purposes of this action plan, I hope you will choose to participate a full 30 days in a row. I can remind you that, in today’s connected and competitive world, the sooner you get your book published and to the masses, the better.

In the boxes below, I want you to list at least one action that you will take daily to connect to your 3 goals listed above, in addition to your 7 minutes of writing. You could choose to start a blog, expand your social media by creating a Twitter account, or Author Page on Facebook. You could choose to connect with other writers, bloggers, or 30-Day Challenge participants.

The outcome that I want you to aim for is two-fold:

Begin to build your author platform. A great book is made up of two things: quality content and a solid platform. *One of the biggest mistakes that writers make is waiting until their book is complete before they start marketing and promoting it.* Don’t wait until you get to the end before asking, “now what?”

Ask great questions. *What do you want to know? Write down what you learn* and share it with the writing challenge community or on your social media. By adding value to the community, you will build strong relationships that will be reciprocated when it’s time to market and promote your book.

Hidden benefit: you’ll also have a community of built-in beta readers.

Schedule a follow-up for every seven days. Revisit this calendar in a week’s time. And once you’ve completed this calendar, you know what you must do – do it! **Your reputation is on the line, so don’t let yourself down.**

Which brings me to my next point:

TELL EVERYONE YOU KNOW

Stating your plans publicly means...well, you have got to go through with it. Now others can hold you accountable. Use Twitter or Facebook to announce your

deadline (which is 30 from TODAY) as your status update. If you have a blog, keep friends and family posted with your daily word count, funny research tidbits and progress posts.

And another thing: start referring to yourself as an author. I ,_____, am a published author. It helps.

I believe that everyone has a story to tell, so go ahead and tell yours. People want to hear what you have to say.

(Write the month in the top blue portion and fill in the dates.)

Year: _____						
Month: _____						
30-DAYS TO FREEDOM						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Action Plan: Measuring Results

As you go about writing every day, I want you to use the following chart

to organize what gets done and what the outcome is.

Week 1

What Worked / What Didn't	How You Added Value	What Was The Result

Week 2

What Worked / What Didn't	How You Added Value	What Was The Result

Week 3

What Worked / What Didn't	How You Added Value	What Was The Result

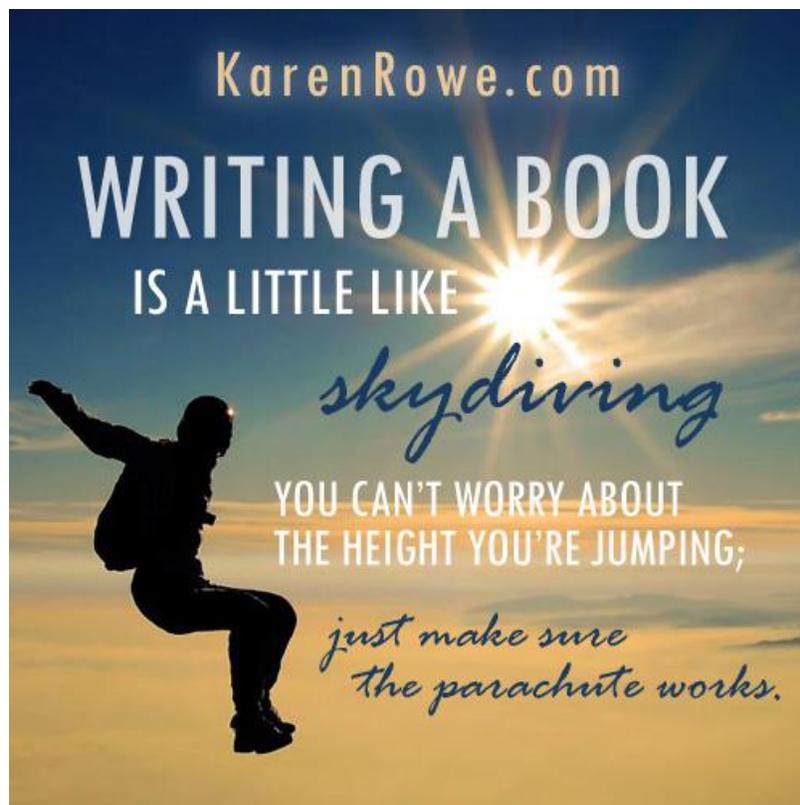
Week 4

What Worked / What Didn't	How You Added Value	What Was The Result

Notes:

Building Your Habits

Now that you've got your plan, and are ready to take action, keep this process in your mind for the future. How can you develop meaningful habits from these activities? In the next 4 weeks you'll work on just these goals and action steps, but beyond that you'll want to apply these same techniques to all of your writing and content projects. Be consistent in your approach to creating value in your writing, and be sure to follow-through. You might not stick to your plan perfectly, or life events may get in the way. Regardless, stay focused on building the habits that will allow you to do these tasks naturally and you'll find yourself becoming a stronger writer and being the recipient of more natural ease and flow in the future. Heck, you may even finish your book!



Feeling overwhelmed?
Need feedback on your book idea?
Not sure where to start?

No problem! I am here to help with your book title, writing and editing needs.

Email me at Karen@KarenRowe.com to get complimentary 30-minute book clarity call.

Write on,

Karen