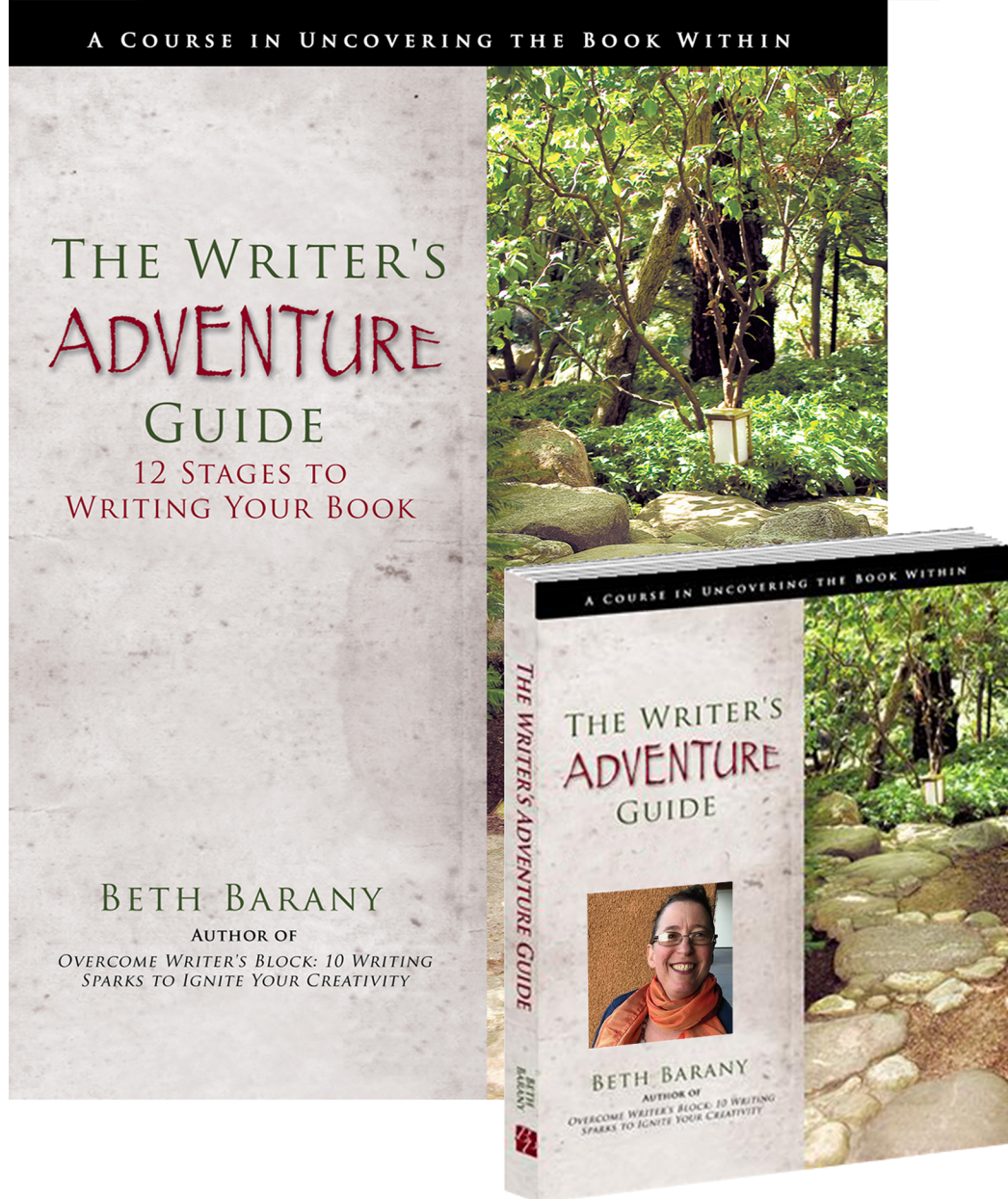


Be the Hero
of your
Book
Writing
Adventure!

In [Beth's] workshop on creative writing, she helped me access the motivation and inspiration for my workbook project. Beth exudes that contagious enthusiasm that makes her so effective in her work as a writer and as a creativity coach.

-- Isabelle Choinere-Correa, *Insights and Foresights*



A Treasure Trove!
The Writer's
Adventure workshop
is an interesting and
wonderful adventure.
It's a writer's
Disneyland!
-- Sally Faubion,
Numerologist

Bienvenue
Welcome
Bienvenidos
Willkommen
Shalom
Soo Dhawow
Croeso
Karibu
Hos geldiniz

..... Enjoy

Stage 1: Start From Where You Are

The Writer's Adventure™ home-study e-course Workbook

With Beth Barany, Book Coach and Creativity Consultant to Writers

This workbook belongs to: _____

Stage 0

Tools

You need the following writing materials ready:

- Computer
- Notepads
- Pen & paper

Time

What you do with your time makes you who you are

Allow no interruptions; tell your house mates; do not answer the phone while writing

Get a timer

Set aside at least 1 (one) hour a week for this course

Set aside daily chunks of time for your writing

Mindset

Come with a spirit of play and experimentation

Course Objectives

Write your objectives here:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

The Writer's Adventure™ Guide Home Study Workbook

The 12 Stages of the Writer's Adventure™

Instructions: This is a 12-week adventure. Take the time you need to complete the cycle, then repeat. Spend one week on each stage, following the Action Steps for guidance. Enjoy the adventure!

Phase	Stage of the Writer's Adventure	In the Hero's Journey	Focus	Weekly Action Steps
Stages 1 through 4 encompass the Preparation Phase of The Writer's Adventure.	1. Start from Where You are	<i>Ordinary World</i>	To start The Writer's Adventure, you must know who you are as a writer: strengths, weaknesses, habits, aptitude, talent, skill, and enthusiasm.	Write 20 minutes on the focus for Stage 1.
Preparation Phase	2. Call to Adventure	<i>Spark/Inciting Incident</i>	In Stage 2, you determine what you want to write (genre and length), your main points, and how you'd like to share your writing.	Write in list or bullet point form for Stage 2's focus.
Preparation Phase	3. But, I Can't Write the Book Because...	<i>Refusal of the Call</i>	Stage 3 is when you address all the reasons why you are not writing your book. You face your fears, negative self-talk, resistance, complaints, distractions, "procrastination," and lack of: inspiration, motivation, a clear goal, support, self-esteem, a team, or a mentor.	Today, journal write why you can't write. Face your inner critic. Interview him or her. Have a real heart-to-heart.
Preparation Phase	4. It Takes a Village	<i>Meeting with the Mentor</i>	In Stage 4, you examine how you or the people around you support your writing process, whether it be a teacher, guide, class, workshop, book, or other tool. You choose and organize the support you need to move forward and write your book.	Ask for support from a friend you trust, who will support you while giving you feedback.

The Writer's Adventure™ Guide Home Study Workbook

Phase	Stage of the Writer's Adventure	In the Hero's Journey	Focus	Action Steps
You have entered the Writing Phase of The Writer's Adventure, Stages 5 through 8.	5. Commit to Action	<i>Crossing the First Threshold</i>	Using what you have learned in Stages 1 through 4, the Preparation Phase, you have started writing regularly and with commitment. There is no going back. You can stop writing, but you can no longer say that you haven't started.	Keep track of your writing schedule in an spreadsheet or in your calendar. Reward yourself for each day you write.
Writing Phase	6. Writing Your Book: The Adventure is Real, so are the Obstacles	<i>Tests, Allies and Enemies</i>	In Stage 6, you learn how to write a book by doing, facing inner and outer challenges that become progressively difficult, like time, space, or energy issues. In this stage, you rally support, and do what it takes to write regularly.	Focus on one improvement to your writing space or writing schedule.
Writing Phase	7. Rest and Assess	<i>Approach to Inmost Cave</i>	You are writing regularly and have written a good deal. The evidence is before you. You may want to quit because there is still more to write, or you can reaffirm your motivation and continue writing.	Clarify your deep motivation for writing your book. Don't quit now. Forge ahead!
Writing Phase	8. The Challenge is to Finish the Book	<i>The Ordeal</i>	Here is where you face that which you most fear. Whether it is the blank page, finishing the book, the internal critic, or outside influences, you have the opportunity to confront, and overcome that dragon. Whether or not you do is up to you.	Visualize facing your dragon. Spend 20 minutes dreaming this scene. What can you learn from your dragon? What can you take out of the cave and into your book?

The Writer's Adventure™ Guide Home Study Workbook

Phase	Stage of the Writer's Adventure	In the Hero's Journey	Indication	Action
You have entered the final phase of The Writer's Adventure, the Finishing Phase , Stages 9 through 12.	9. You Did it! A Finished First Draft	<i>The Reward</i>	The Reward is having written your book. You are a writer! Celebrate! Not many people can say that they have written a book.	You can do the happy dance! Celebrate! Yes, take the time to acknowledge to yourself and your community that you have completed your book.
Finishing Phase	10. Writing is Rewriting	<i>The Road Back</i>	You have written your book, and now it is time to face the consequences, and make decisions regarding editing, rewriting, and publishing. Knowing your publication goals helps you make these decisions	Decide to stop here, or ready your book for publication. There is no wrong answer, only the answer that is right for you, right now.
Finishing Phase	11. Transforming Your Book	<i>Resurrection</i>	You think you're done with your book but you're not. That it needs to be reworked, rewritten, or edited is not fun, and you must face the work of a writer: re-visioning and rewriting. Ha! Ha! Ha!	Edit, rewrite, and read through. And repeat until there are no more changes.
Finishing Phase	12. A Polished Book	<i>Return to Community with the Gift</i>	You are finally happy to have completed your book. You are shopping it around to be published, preparing for publication, or are preparing to self-publish. Get ready for a new adventure!	While you start a new book, you market this one. Take the life of a writer one day at a time.

The Writer's Adventure™ Guide Home Study Workbook

Track Your Writing Progress

Here are two ways you can write your book, #1 in preparing for 4 weeks and writing for 8 weeks, #2 simultaneously preparing then writing for 12 weeks. These spreadsheets are also downloadable from the <http://writersadventureguide.com/bonus.htm> page. Adapt these spreadsheets to your needs.

#1: Write for 8 weeks

First GOAL: Complete a 250-page book.				
[Your TITLE]: First Draft				
Week	Words to write per day (5 days per week)	total word count	pages	words per page
Week 1	Preparation	Phase		
Week 2	Preparation	Phase		
Week 3	Preparation	Phase		
Week 4	Preparation	Phase		
Week 5	1600	8000	32	250
Week 6	1600	8000	32	250
Week 7	1600	8000	32	250
Week 8	1600	8000	32	250
Week 9	1600	8000	32	250
Week 10	1600	8000	32	250
Week 11	1600	8000	32	250
Week 12	1600	8000	32	250
		64,000	256	
		words	pages	

#2: Write for 12 weeks

First GOAL: Complete a 250-page book.				
[Your TITLE]: First Draft				
Week	Words to write per day (5 days per week)	total word count	pages	words per page
Week 1	1100	5,500	22	250
Week 2	1100	5,500	22	250
Week 3	1100	5,500	22	250
Week 4	1100	5,500	22	250
Week 5	1100	5,500	22	250
Week 6	1100	5,500	22	250
Week 7	1100	5,500	22	250
Week 8	1100	5,500	22	250
Week 9	1100	5,500	22	250
Week 10	1100	5,500	22	250
Week 11	1100	5,500	22	250
Week 12	1100	5,500	22	250
		66,000	264	
			pages	

Preparation Phase

Stage 1:

Ordinary World – Start From Where You Are –You, the Writer

How you define yourself as a writer colors your ambitions, feelings toward yourself, your projects, your writing, everything. Whether or not you define yourself as a writer makes a difference too. Might you be more committed to the dream if you did think of yourself as a writer? I think so, but I completely allow for a different opinion on this point!

To start on any adventure you need to take stock of all of you. Your writing habits, strengths and weaknesses as a writer, a creative person. How important is writing to you? This stage invites you to take an inventory of yourself and paint a picture, gain clarity of your daily routines, habits, in action as well as thought. The trick in all of this is to step back and be an observer of your life.

The Writer's Adventure™ Guide Home Study Workbook

Stage 1: Start from Where You Are

The GMC handout (Goals, Motivations, Conflicts/Weakness, Strengths)

	Inner World (Feelings, Sensations)	Outer World (Physical, Concrete)
Your Goal(s) as a Writer		
Your Motivation to Write		
Your Fears, Concerns, Worries – Conflicts, Weaknesses to Achieve Your Goal(s)		
Strengths/ Good Habits/ Aptitude/ Talents/Skills/ Enthusiasm (1-10)		

The Writer's Adventure™ Guide Home Study Workbook

Reflection Notes:

The Writer's Adventure™ Guide Home Study Workbook

Stage 1: Start from Where You Are

Vision

Timer: 20 minutes

Where do you see yourself in ten years? And how does this book fit into the big picture of your life, your greater purpose? Inner and Outer World ~ State in the present tense: I am, I have, I feel, I write, I do... Use visceral, kinesthetic, and sensorial details (seeing, hearing, smelling, feeling, tasting). Use additional sheets of paper if you need more space.

Inner World	Outer World

The Writer's Adventure™ Guide Home Study Workbook

Stage 1: Start from Where You Are

Week 1 HOMEWORK

Check off each one as you go.

- ◇ 1. Notice if your goals, motivations, challenges, and strengths have shifted. Make note of it in your journal.
- ◇ 2. Notice how your vision resonates in your daily life and notice where the vision is already part of your life.
- ◇ 3. Write in your Writer's Journal about starting this course, or about your ideas for your book. Write about your commitment level to your book, and to writing. Through your writing, notice and acknowledge your thoughts and feelings about the matter. Have compassion and acceptance for where you are right now.
- ◇ 4. Write regularly for at least 20 minutes per sitting, either in your journal (see #3) or on your book (see #5).
- ◇ 5. Start your book, using your notes from the GMC worksheet or the **Igniting Sparks** below as a guideline.

- ◇ **Igniting Sparks** (Pick one or all, or choose your own starting point):
 - Write a paragraph or more about the goal or purpose of your book.
 - Write a paragraph or more about your motivation to write your book
 - Write a paragraph or more about your conflicts/concerns in writing your book.
 - Write a paragraph or more about your strengths, good habits, etc.

A Writing Spark to Ignite Your Creativity

“Zest. Gusto. How rarely one hears these words used. How rarely do we see people living, or for that matter, creating by them. Yet if I were asked to name the most important items in a writer’s make-up, the things that shape his material and rush him along the road to where he wants to go, I could only warn him to look to his zest, see to his gusto.”

~ *Zen and the Art of Writing: Releasing the Creative Genius Within You*
by Ray Bradbury