

The 12 Stages of the Writer's Adventure™ from *The Writer's Adventure™ Guide (forthcoming)*

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.



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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?



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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.

