



# I AM A WRITER NOW

*How to Get Out of Your Own Way and Become an Author*

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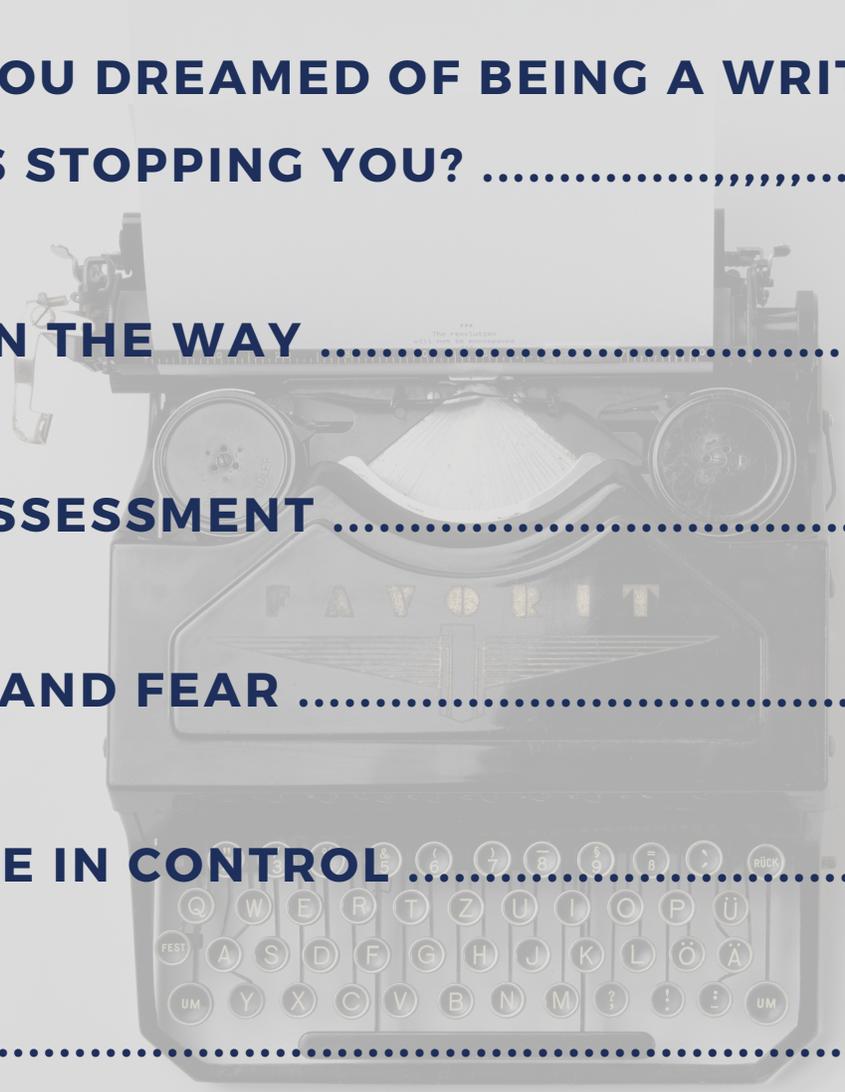
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# MY DREAM



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# HAVE YOU DREAMED OF BEING A WRITER? WHAT'S STOPPING YOU?



## What's Stopping You?

"Writing is in your heart. It feeds your soul. And you know that you were meant to become a published author. But, if you're reading this guide right now, something is holding you back. So what's stopping you?"

Almost 100 percent of the time, it will be self-doubt. Self-doubt is that little voice in the back of your head that tells you to "just quit" every time the blank page or blinking cursor is staring back at you with contempt.

It's the inner critic that tells you to chuck your draft into the trash each time you read it through.

And it's the same one that silently holds you back from taking the actions necessary to pursue your dream of becoming a real writer.

**There is no time ever to let self-doubt kill  
your dreams.**

## HELP ON THE WAY



This little book of gems will help you get out of your own way to be the writer you've always wanted to become.

In the pages that follow, you'll find ten helpful tips curated by Wordeee experts with over 50 years in the publishing industry to stop you from self-limiting your career as a writer.

If you're tired of doubting yourself and are committed to being the writer you were born to be, read on, feel inspired, and get ready to take action . . .

# SELF-ASSESSMENT



## Let's Begin with a Self-Assessment

**Be honest. Have you ever said any of these things to yourself?**

- I don't have time to write
- I'm uninspired lack inspiration
- I lack skills
- I have no imagination
- I can't get out of my own way
- What if no one likes my work?
- I tell everyone I'm writing a book but never get it done
- I self-sabotage every step of the way
- What if it gets criticized or rejected? I fear criticism?
- I feel like an imposter
- I'm in a circle, but it's the wrong one
- I'm a procrastinator; it's just my nature

If you read those statements and said, "Yep, that sounds like me" to any one of them (or more than one!), self-doubt has its hold on you . . . AND on your writing process.

**BUT we've got good news and better news for you.**

The good news is that this exercise reveals that self-doubt is in your way, and you're 100% normal! Self-doubt is part of the Human Experience.

There is literally no way to escape the beasts. For creatives like you, it's especially present.

The better news? We've got ten action steps you can try anytime self-doubt strikes, each powerful enough to kick it to the curb and ignite your writing momentum again. Try one, try them all, just don't let yourself sit in self-doubt anymore.

Your words are important. Your audience needs your book.

**So let's get you out of your own way and on the road to "published author"!**

# DOUBT AND FEAR



# What to Do When Self-Doubt Strikes

## 1. Stop Making Excuses

Self-doubt is a way to rationalize your emotional state. Commit to stop making excuses. Adept at making excuses, we humans erect mental barriers that hold us back. What those excuses rationalize is our fear: of failure, judgment, and overcommitting.

## 2. Raise Your Self-Awareness

Self-awareness is one of the most powerful personal development tools in your arsenal. Please make use of it by understanding the root causes of your self-doubt. What specific situations trigger bouts of self-doubt? Is it a lack of skill in a particular area? Is it anxiety the moment the pen touches the paper? Is it fear of judgment? Lack of confidence?

## 3. Get The Basics Down

The first thing a writer needs to do is know the rules of engagement for their craft. Do you understand story structure? The plot, the rising tension, the arc, the resolution, the conclusion? Archetype, characters, brio, dialogue, backstory, foreshadowing? If you don't, begin by taking a few writing classes.

Every profession has a fundamental set of requirements to learn to excel. So does writing.

## 4. Make Time to Write

Set a time to write every day. Choose the number of words you want to write in the time you've set aside. Two hundred fifty words, one-thousand? Write every day, even if it's nonsense; just get used to setting a schedule. To get your work done at your day job 9-5, you have to put in the time. The good news is, as a writer, you can set the perfect time to write based on your biorhythms—the time of day you're your most creative self. What could be better for a writer than not having a 9-5 job interrupting their creativity?

## 5. Tap Into Your Creative Brain

Biorhythms are body cycles that regulate your health, emotions and intellect. You have three biorhythm cycles: a 23-day physical cycle, a 28-day emotional cycle and a 33-day intellectual cycle. Find your biorhythmic sweet spot for creativity. For example, you have a 33-day cycle, so every day of the month. Is it before dawn, midday, at night?

Use meditation or some form of relaxation to get out of your head and into your heart. Do exercises that bypass your brain-brain and go directly to your primitive brain. Exercises such as automatic writing. When you first start, for the 250 words you'll write, try this: Write continuously without lifting your pen from the paper; do not stop writing. Do not cross out, replace words or overthink; just keep writing until you get to 250 words.

## 6. Writing Through the Fear

Many of us were raised with values that may interfere with the characters' motivation. You fear writing that steamy sex scene in case someone thinks it's you, and you can't write about the serial murderer because your values won't let you. You can't write your memoir until your abusive parent has passed on. Wrong. You have to embody a character, so you'll need to practice living in the skin of an axe murderer, a sorcerer, a corrupt politician; you have to get in character and jettison your personal values.

You will gain confidence and valuable insight from your circle of writers and dreamers. It's a story, not necessarily your life, and even if it is a recollection of your life, you have to pass the fear and tell a true story. It's the only way your writing will be credible. Readers have noses for fakeness.

## 7. Circle of Writers

It's often said that we are the average of the five people with whom we spend most of our daily lives. Are the people in your circle like-minded? Those we habitually spend time with can have a profound effect on us, whether we are aware of it or not. If your daily life is filled with hardcore realists, you will find it hard to be creative. Join a writer's group and the dreamer's group to balance your brain intake.

## 8. Trust Your Passion and Intuition:

Finding your story. Story ideas come from everywhere. Your two-year-old, the news, an article you read, something someone says, observations on crowded public transportation, just about anywhere. When you notice something or feel affected by it, your intuition and passion are at work. Take notice. Be observant.

## 9. Practice Self-Compassion

When you first start writing, you may not get it right the first time. However, the adage "practice makes perfect" is true in almost every case. On your way to perfection, it's wise to give yourself a break.

Be patient and extend the same compassion you would readily give to others to yourself— tamper your self-criticism with self-compassion. Be kind to yourself and have confidence that you'll get there. Self-compassion develops emotional resilience.

How do you practice self-compassion? Notice your suffering, especially when your self-judgment or self-criticism causes it; don't be cold-hearted toward yourself, and above all, remember that imperfection is a part of our shared human experience.

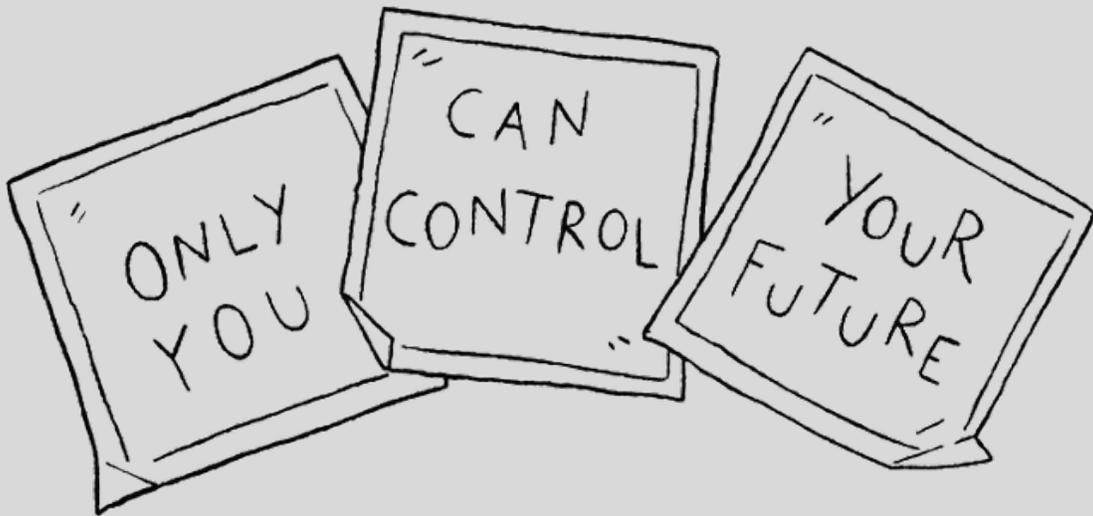
## 10. Stop Asking for Validation

Herein lies the root of many self-doubters. As a writer, your confidence is probably the most important quality you can possess. If you need approval from others and find yourself continuously asking what they think before making decisions, you are invalidating your faith in yourself.

For example, if you're writing your book and every step of the way you continue to change what you have created based on the feedback you receive, you'll lose your voice, and the end product becomes a diluted version of what you intended.

At some point, you must trust yourself and make decisions based on what feels right for your work.

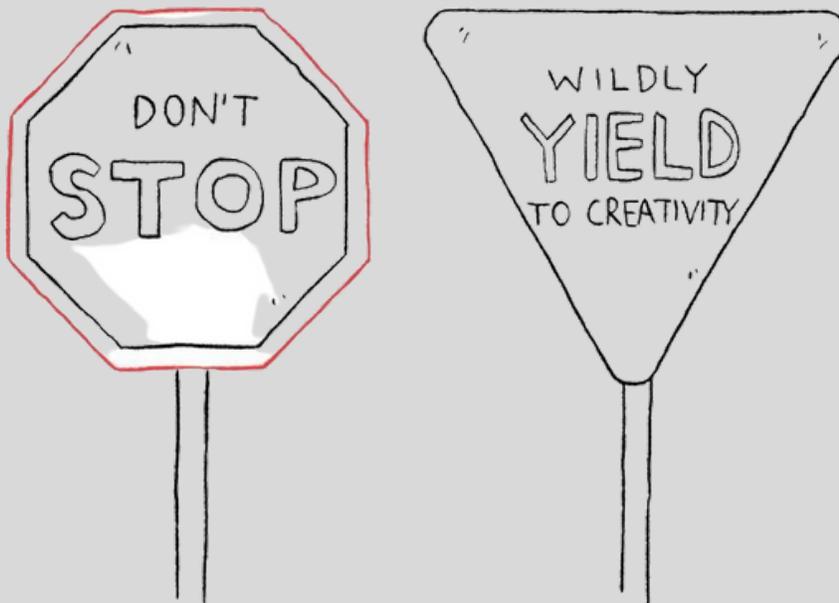
YOU ARE IN CONTROL



**IF EVER THERE WAS A TIME TO LIVE WITH  
PURPOSE...IT HAS TO BE NOW.**

STOP!

## TAKING CONTROL OF YOUR LIFE STREET SIGNS



If it hasn't become evident by now, self-doubt is  
nothing but FEAR

(False Evidence Appearing Real), But here's the great news:  
FEAR CAN BE DISPELLED!

Now is the time to STOP!

## Shortcutting the Long Game - Overcoming Self Doubt for Good

While the ten tips above will be immensely useful in helping you to shut self-doubt down at the moment, overcoming self-doubt for good is a long game strategy.

Increasing your **Knowledge, Practice, Experience, and Confidence** is the sustainable path to eliminating self-doubt and realizing your true potential as a writer. With these four magical keys, you can be in control, and your self-doubt can be left in the dust.

Think back to a time when you were new to something. Maybe it was a job. Just like with your writing, you likely started that job with loads of enthusiasm, excitement, and passion, and perhaps a bit of fear to go with it.

Maybe you were concerned about how you'd perform, if you'd be liked and accepted, and if you were even right for the position at all. You knew there was a learning curve to becoming proficient and even moderately "good" at that new position, which probably made you doubt yourself even more.

We imagine, as we did in new jobs in our own past, that you fumbled a bit through your training, making errors and being corrected by superiors along the way, but you were increasing your **Knowledge**, so your self-doubt started to shrink back a bit.

Day-by-day, with more **Practice** in your role, you got more skilled.

As days turned into weeks and weeks into months in your new job (that suddenly wasn't so new anymore), your **Experience** helped you become faster and more effective in your role, garnering praise and acknowledgment from your coworkers and superiors.

All of this created the opportunity for your **Confidence** to slowly begin to grow until finally, you knew the job like the back of your hand and could do it with your eyes closed. Self-doubt about your abilities in the job had disappeared. You could just show up and do the work without getting in your own way at all.

**Writing is exactly the same way.**

Writers are sensitive people. As a writer, self-doubt is often right there with you. But, like with that new job, it's simply a lack of **Knowledge, Practice, Experience, and Confidence** in your craft that leads to the crippling effects of self-doubt.

All the excuses you make are because you fear judgment. Who will like my work? Will reviewers rip it apart? Does anyone really care what I have to say?

Yes, they do, and more importantly, **you** should. The path to being a successful writer is clear; **Knowledge, Practice, Experience, and Confidence.**

As a writer, overcoming self-doubt and becoming successful means investing time and resources in understanding the craft of writing. If you know what makes a good story excellent, what makes it relatable to the world and not just to you, you've won the battle.

Once you have these elements mastered, you'll gain confidence, you'll write more - and better, and your work will find its audience.

All that it takes is **Knowledge, Practice, Experience, and Confidence.**

**At Wordeee**, we're more than just a publishing company. We offer 360-degree support for talented writers who dream of becoming known authors.

Our Writing workshops are specifically designed to support your dreams of being a great writer by helping you overcome the gaps in **Knowledge, Practice, Experience, and Confidence.**

We teach you the craft of writing and telling good stories.

You get to practice and share real-time with experts in the industry right there to show you exactly how to improve as you learn. You gain experience and leave with tools, resources, and all new knowledge to jettison your writing forward after the Workshop is over.

And all of that will skyrocket your confidence so you can stay out of your own way, keep writing, and become the author you know you want to be.

If you genuinely want to become a writer of substance, your most important job is to seek opportunities to improve each of those four areas so you can get out of your way and WRITE.

# THREE WISHES



If you are given the gift of a scribe, you have a responsibility to share your words. Words are your musical notes. Words are your superpower. Words are your life.

Stories are what you use to communicate with others, to understand the world, to understand yourself, and to be the keeper of your time here on earth.

You cannot tamp them down simply because you doubt yourself, especially when we know that the shortcut out of that self-doubt is so simple.

So please, use the tools and tips in this book to tackle your self-doubt at the moment when it strikes and **keep writing**.

And if you'd like to accelerate your journey by increasing your **Knowledge, Practice, Experience, and Confidence**, consider enrolling in one of our upcoming Wordeee University workshops.

The world needs your words. Let's bring them to life.

**Meet Wordeee. Meet your potential.**

DREAM

## I AM A WRITER NOW

### What Happened after I Joined Wordeee's Fundamental Writing Workshop



**If you're ready to kick self-doubt and fear to the curb and increase your Knowledge, Practice, Experience and Confidence, join us for an upcoming Wordeee University Workshop.**

**From Writer to Author**

**Improve Your Craft, Increase Your Confidence, Get Published**

**Learn More**

HOORAY, IT'S PARTY TIME!!

**Congratulations... It's Book Party Time!**

