

So, You Want to Write!

Writer's Questionnaire Writing Identity Exercise

Your "Writer" Identity

One of the first things we are going to do is determine your writer's identity. You may be wondering what your identity has to do with writing. Well, think about this for a moment. Do you have children? Think about them for a minute, how do you feel? Like a mom or a dad? How does that feel? Do certain feelings come up, like love, and pride, perhaps accomplishment, satisfaction? When you have your "parent" identity on, how do you act? What role do you play? Leader? Nurturer? Caretaker?

How about in your professional life? When you think of a doctor, secretary, fireman, police officer, what identity comes to mind? What roles do they play? Whatever identity we take on, our subconscious guides us to fulfill that identity.

I'm going to ask you a series of questions to help you find your Writer's identity. Questions to make you think, get the juices flowing, help you determine your outcome and purpose for your book. As I ask you these three series of questions, all I want you to do is think about them, answer the questions in your head and *notice how it feels*. Take your time, *think and feel*.

Question #1: What is your vision for your book?

What do you want? This thing, this project that you are wanting to write, is it going to be a fun little hobby, something that you are going to do in your spare time? Or is this book something that is going to be a driving force for you? Something that will compel you to get up at the crack of dawn to write, or stay up until the wee hours of the night writing, capturing ideas, jotting notes. Is this something that you can't stop thinking about? What is it that you want to write? Do you want to create something that will teach? Inspire? Motivate? Generate revenue? Perhaps an e-Book that you could sell on the internet, or soft-cover book you publish yourself.

When you think about writing, what is your identity? Below is a list of titles, say each one aloud. As you say them, I want you to say your name before and after each one. Say them slowly. Notice how each one feels. Notice which ones you like, which one feels really good, which one compels you, attracts you towards it.

For example, I'm going to say, "Writer." Ann, McIndoo, Writer. Or, Writer, Ann McIndoo. With each one of these titles, say your name. Ready? Okay, here we go:

- | | | |
|---------------|-----------|--------------|
| ★ Writer | ★ Author | ★ Editor |
| ★ Storyteller | ★ Speaker | ★ Coach |
| ★ Teacher | ★ Trainer | ★ Consultant |

Which ones got you excited? Do any of them make you feel creative? What does it feel like? Say it out loud. **Say your name and the title you like the best.** Say it again, this time get really excited about it. Smile when you say it, feel it, breathe it! Enjoy it! Celebrate it! How does that feel?

Question #2: How serious and committed are you to creating something?

What is your outcome for this book? What is your Purpose for writing it? What will this book mean to you? What will this experience bring you? What would you have to believe about yourself as a writer to start writing? When you think about writing, where is it in your future? Is it something you can't wait to start or something you will do "over the summer"?

When you think about the possibilities of a book – what do you see? Can you visualize the title to your book in great big letters with your name underneath it? Can you see your book on Amazon.com? In a bookstore? Stacks of your book at Barnes & Noble? People reading it while sipping their coffee at Borders? When you dream about this book, what do you see?

When you think about and answer these questions – how does it feel? Do you feel creative? Are you excited about getting started? Do you feel like an aspiring writer or an author? Enjoy it and capture it in your memory and body – remember what it feels like.

Question #3: What are you going to do to prepare?

Preparing is about three things:

- (1) **Saying your Power Script:** Getting your head in the right place, thinking about it, knowing what you want to say, knowing your outcome.
- (2) **Making Your Power Move:** Deciding, committing and resolving – in your body to create your book. Your frame of mind, your "state" will determine how and what you are going to produce. *Your state will determine what you write.*
- (3) **Power Anchors:** Having your writing environment ready and waiting! Your writing pad, journal, laptop computer. Your favorite pen, research that you have completed at your finger tips.

Answer the following Questions:

Question #1: What is your vision for your book?

Question #2: How serious and committed are you to creating something?

Question #3: What are you going to do to prepare?

**Have these answers ready for the Tele-Seminar
Or you 1st Coaching Session!**