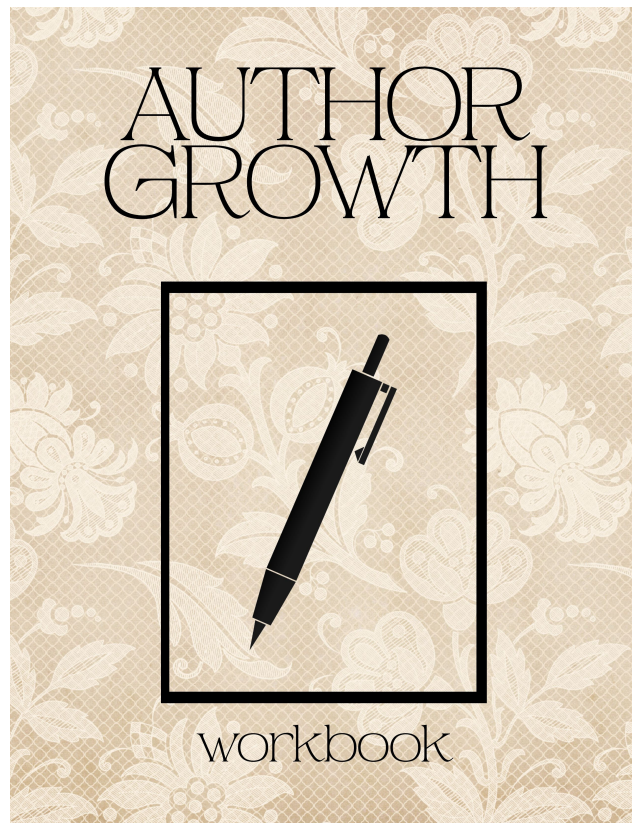


AUTHOR GROWTH



workbook



WELCOME

This workbook is designed to be your stepping stone to fostering your own faith and behaviors that amplify your potential for success as an author.

It is important to remember that everyone has their own unique set of behaviors and habits, so it is imperative to be mindful of what works best for you.

This workbook will guide you through a series of steps and exercises to help you identify and eliminate habits that harm your author journey. Read through each section carefully and answer the questions as honestly and thoughtfully as possible.

Let's get started

AUTHOR GROWTH WORKBOOK

Believe you can and you're halfway there

-THEODORE ROOSEVELT

WHAT IS AUTHOR GROWTH?

Growth describes a set of beliefs and behaviors that allow people to increase their likelihood of success in a certain area and achieve their goals by taking opportunities to learn, gain new skills, improve existing skills, become more resilient, and enhance their character and willpower. It places the person they want to be within reach. Your author growth is essential to knowing where you are going in your career and equipped you to take the first steps.

STEP #1 SHIFTING WHAT WE VALUE

EFFORT AND PERSISTENCE **OVER** INTELLIGENCE AND ABILITIES

PROCESS **OVER** OUTCOME

MISTAKES WE LEARN FROM **OVER** PERFECTIONISM

FAILING AT TRYING
NEW THINGS **OVER** WINNING WITHIN THE
COMFORT ZONE

DOING WHATS HARD/BORING
BUT NECESSARY **OVER** DOING WHAT'S SHINY, NEW
OR EXCITING

DEFERRED GRATIFICATION **OVER** INSTANT GRATIFICATION

AUTHOR GROWTH WORKBOOK

STEP #1 BREAK OUT EXCERSISE

LIST HOW YOU CAN SHIFT

INTELLIGENCE AND ABILITIES

EFFORT AND PERSISTENCE

OUTCOME

PROCESS

PERFECTIONISM

MISTAKES WE LEARN FROM

WINNING WITHIN THE
COMFORT ZONE

FAILING AT TRYING
NEW THINGS

DOING WHAT'S SHINY, NEW
OR EXCITING

DOING WHATS HARD/BORING
BUT NECESSARY

INSTANT GRATIFICATION

DEFERRED GRATIFICATION

AUTHOR GROWTH WORKBOOK

STEP #2 BE AWARE OF YOUR LANGUAGE

<i>Instead of...</i>	<i>Say...</i>
I can't / I don't know how to do this...	I will learn how to do this!
I am not good at X	I am not as good at X as I want YET but I am in the process
I can't make mistakes...	I am aiming for progress not perfection.
Everyone is so far ahead...	I am proud of where I am in the journey and inspired by the people who are further than me.

STEP #3

KEEP A GROWTH LIST ANSWERING THESE 3 PROMPTS DAILY



WHAT WAS
SOMETHING
NEW I LEARNED
TODAY?

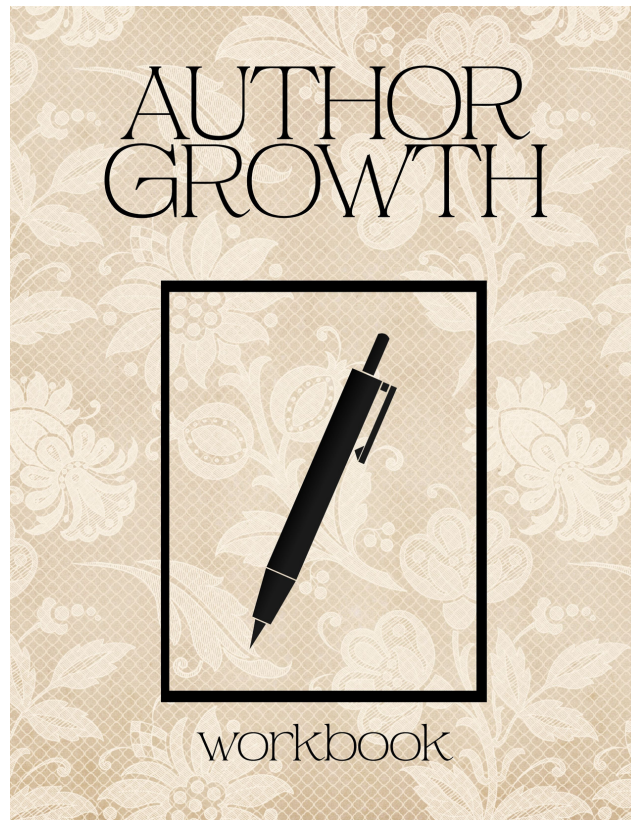


HOW DID I MAKE
PROGRESS
REGARDING MY
AUTHOR GOALS
TODAY?



WHAT CAN I DO
TOMORROW TO
JUST BE 1%
BETTER?

NOTES & REFLECTION



CONGRATULATIONS

You have completed this workbook and taken an important step forward, ready to nurture a mindset geared for growth and boundless potential.

Remember, it is important to be patient with yourself and to take small steps toward your goals. If you find yourself struggling, don't hesitate to reach out for help and support.



MEET THE COACH

Michelle Jester
Writing Coach and Publishing Consultant

In publishing for well over twenty years, Michelle has helped many authors reach their goal of sharing their stories with the world.

CONTACT



If you are looking for deeper coaching, and feel you can benefit from one-on-one sessions, reach out today. Whether it is fiction or nonfiction, I feel confident I can help you achieve your goal of finally getting your story out of your mind and on its way to the world.

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 /MICHELLEJESTER

 MICHELLEJESTERMEDIA

Start the journey of your life.

