

30-DAY CHALLENGE:

WRITE YOUR BOOK

NAME: _____

WEEK 1

Find the Heart of Your Book

- ☐ Day 1 | Name the Book
- ☐ Day 2 | Remember Your Why
- ☐ Day 3 | Know Your Reader
- ☐ Day 4 | Name the Takeaway
- ☐ Day 5 | Find the Heart of the Book
- ☐ Day 6 | What Do You Already Have?
- ☐ Day 7 | Pause & Reflect

WEEK 2

Build the Roadmap

- ☐ Day 8 | Brain Dump
- ☐ Day 9 | Look for Themes
- ☐ Day 10 | Create Your Big Sections
- ☐ Day 11 | Sketch the Chapters
- ☐ Day 12 | Give Each Chapter a Job
- ☐ Day 13 | Find What's Missing
- ☐ Day 14 | Choose Your Starting Point

WEEK 3

Write the Words

- ☐ Day 16 | Set Your Writing Appointment
- ☐ Day 17 | Write Without Editing
- ☐ Day 18 | Tell the Story
- ☐ Day 19 | Write to One Reader
- ☐ Day 20 | Push Past the Stuck Place
- ☐ Day 21 | Protect Your Voice



DAY 15 - HALFWAY CHECK-IN

WEEK 4

Keep Moving, Then Look Ahead

- ☐ Day 22 | Choose a Small Target
- ☐ Day 23 | Return Tomorrow
- ☐ Day 24 | Check the Flow
- ☐ Day 25 | Separate Writing from Editing
- ☐ Day 26 | What Still Needs to Be Written?
- ☐ Day 27 | Build Your Finish Plan
- ☐ Day 28 | See How Far You've Come



MY NEXT 3 MOVES

FINISH STRONG

- ☐ Day 29 | From Writer to Author
- ☐ Day 30 | Your Next 3 Moves