



GET YOUR BOOK DONE

5 Strategies for Overcoming Your Doubts and Fears





Hi!

I'm Judy Weintraub, CEO of SkillBites. At SkillBites, our aim is to make it easy, quick and convenient for you to become a published author. I'm excited to help you get your book written.

You've been wanting to write a book, or maybe you've even started writing one, but you've become stymied by fears and doubts. "Will anyone be interested in my book?" "What if no one likes it?" You're not alone. Many authors face these same fears and doubts, and we've helped others get over them. In this document we'll share five strategies that have helped others and will hopefully help you to overcome your fears and doubts so you can get your book done. Not only that, we've put together a handy Worksheet for you to fill out so you can start implementing the strategies you choose, get past this challenge and get your book done more quickly.

Let me know if these are helpful for you, and how you are doing. If you need any more help getting your book done, give us a call. We've got lots of resources for helping our clients get their books done.

All the best,



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5 Strategies to Overcoming Your Writing Doubts and Fears

- 1 Keep your eye on the prize.** You want to write a book for a reason. Maybe it's to get known for your expertise or gain greater credibility; or to educate your target market; or simply to help others overcome a situation that you were successful in overcoming. Whatever your objective is in writing a book, keep that in mind or even post it in front of you, and you'll find it easier to make progress.
- 2 Select the right topic.** The most successful non-fiction books are ones that enable the reader to overcome a challenge or problem they are facing. If your topic is one that will help others, then you know that those who face the problem that you are addressing will be interested in your book.
- 3 Get confirmation from others.** If you aren't sure whether your book (or your topic) is any good, have others review it to give you their opinion. You could solicit your current customers or prospects, or professional colleagues, or members of a writing club – anyone you trust to give you an honest opinion.
- 4 Trust your editor.** Even good writers use editors. If you aren't comfortable writing, don't worry. You only need to get the content down, and then have a professional editor polish the manuscript for you. Your editor can make you look really good. SkillBites can provide a good editor for you.
- 5 Get a Book Coach.** A book coach can provide you with an outlet for expressing your concerns, a sounding board for discussing issues and advice for structuring your book. SkillBites offers book coaching. Give us a call and we'll hook you up with a book coach.





Action Plan

- 1 My biggest fear about my book is _____.
- 2 I know that my fear is unfounded because _____.
- 3 I know that getting my book done will benefit me because _____
_____.
- 4 I know that getting my book done will benefit my readers because _____
_____.
- 5 I will ask the following individuals to review my book to assure me that it has value:
 - a. _____
 - b. _____
 - c. _____
- 6 If I remain stuck for more than ___ days, I will take the following action:
 - Contact _____ for help
 - Hire a book coach
 - Other _____.

