

## Chapter 6

# YOUR WRITE FRAME OF MIND

You might benefit from using this template from my client Gary Patterson, author of *Million-Dollar BlindSpots*©: *20/20 Vision for Financial Growth*.

The “million-dollar blindspot” preventing you from writing your book can be resolved when you write your answers on a three-by-five card about the **what** and **why** your book will provide.

For example:

I will write at least five minutes a day at 7:00 p.m. every day with accountability to my book coach to help me because I want to have a finished book I’m proud of.

I will _____
by _____
with support from/ accountability to _____
because _____

Download a printable version of this worksheet at

<http://www.WriteYourBookInAFash.com/worksheets/>

## HOW TO OVERCOME LIMITING BELIEFS

Here's a wonderful exercise to overcome limiting beliefs. It is based on NLP (neurolinguistic programming).

- Think of a limiting belief, and write it in the space below.
- Think of five reasons why this belief is not true, and write them in the spaces below.

Here's an example to get you started:

Limiting belief: I don't have anything to say.

Reason 1. This is not true, because I write a blog every week, so I must have something to say.

Reason 2. This is not true, because people respond to my blogs, so they must like what I say.

Reason 3. This is not true, because meeting planners ask me to speak, so I must have something worth saying.

Reason 4. This is not true, because whenever I make a comment about this topic in a meeting, people give me good feedback.

Reason 5. This is not true, because my blog readers ask me if I'm writing a book.

Now it's your turn.

Limiting belief: I...

Reason 1. "This is not true, because..."

Reason 2. "This is not true, because..."

Reason 3. "This is not true, because..."

Reason 4. "This is not true, because..."

Reason 5. "This is not true, because..."

Here's another way to overcome limiting beliefs:

- Think of a limiting belief, and write it in the space below.
- Ask yourself, "What can I do to overcome this limiting belief?"

- Write five things you can do to overcome this limiting belief.
- Write the answers in the spaces below.

Here's an example.

Limiting belief: I don't have time to write a book.

Action step 1: I can wake up an hour earlier to write.

Action step 2: Instead of watching TV, I can write.

Action step 3: I can go to sleep an hour later and use that time to write.

Action step 4: I can write while I'm waiting for my kids to finish their soccer practice.

Action step 5: I can hire a ghostwriter or work with a book coach.

Your turn.

Limiting belief: I...

Action step 1:

Action step 2:

Action step 3:

Action step 4:

Action step 5: