

Make Your

Book a Reality

Exercise Guide

Find Your Topic

My Example:

Question: What are some of your accomplishments?

- State Champion in volleyball (High School 2007)
- Graduated college (Bachelors)
- **LEARNING TO LIVE WITH POTS**
- Winning Most Outstanding Student in Business Award (Senior Year High School)
- Getting hired at Hertz Corporation after I received my diploma

Question: What are your fantasies? What are your goals and dreams?

- **Have society become more educated on POTS**
- Travel a lot
- Philadelphia Eagles win the super bowl (This came true in 2018)
- Get six pack abs
- Start up my own business

Question: What are your hobbies?

- Reading
- **Writing**
- Watching sports
- Spending time with family and friends
- Listening to music

Question: What are you passionate about?

- Sports
- Music
- My friends and family
- **Find a cure for POTS**

Question: What do you have experience in?

- **Living with POTS**
- Being a lifeguard
- Volleyball
- Working as a manager
- Writing music

Question: Are you willing to share your story with the world?

- **Yes, I am ready for the world to hear my story. I hope it will educate others and help others that are living with POTS just like me.**

Find Your Topic

Your Personal Exercise:

Question: What are some of your accomplishments?

Question: What are your fantasies? What are your goals and dreams?

Question: What are your hobbies?

Question: What are you passionate about?

Question: What do you have experience in?

Question: Are you willing to share your story with the world?

What to Add (My Example):

People to Add	How Relates to Topic of my Book
My personal family members and friends	Impact my POTS had on them and how they helped me out
Doctors I had	The role they played in diagnosing me and helping me recover
Other individuals who have POTS and their family members	Interview them and share their experiences.
Doctors or specialists that I have not dealt with but would like to talk to	Interview them and share their thoughts on POTS
Things to Add	How Relates to Topic of my Book
How I loved to write songs	Lead to me writing about my illness
My love for sports	How POTS affected me playing sports
My Diet	How I had to adapt my diet with having POTS
Research	How Relates to Topic of my Book
Stats of how many people affected with POTS	Let's readers know the impact of illness in the United States
All causes of POTS	Make sure readers are all fully informed
My own survey seeing how many people are educated on POTS	I can utilize this information to put emphasis on how much education needs to be done

What to Add: Your Personal Exercise

People to Add	How Relates to Topic of my Book
Things to Add	How Relates to Topic of my Book
Research	How Relates to Topic of my Book

Chapters Outline: My Example

Introduction	Ask the reader if they ever felt a certain way. Get the, to relate and gain interest.
Chapter 1: The Day That Changed My Life	Explain what happened the first day I started feeling sick and what life was like before this happened.
Chapter 2: The Mystery	Explain how months went by without a diagnosis. No one could figure out what was wrong.
Chapter 3: The Diagnosis	Explain how I finally got diagnosed.
Chapter 4: The Recovery	Explain how I tried to recover after finding out the diagnosis.
Chapter 5: Adjusting to My New Life	Explain how I adjusted to life after the recovery phase
Chapter 6: Relapses Into Hell	Explain how I relapsed in my health again.
Chapter 7: Other POTS Stories	Explain how POTS has affected tons of others across the world.
Chapter 8: Family Stories	Showcase the effect POTS has on the loved one's family members
Chapter 9: Doctor Stories	Interview doctors. Give readers an insight into how doctors view POTS.
Chapter 10: My Research	Showcase the research I did on POTS. Use it to back my main point of the book.
Chapter 11: My New Outlook	After all I had been through and all my interviews and research explain what my new outlook on POTS and life living with POTS is.
Chapter 12: My Advice to Those With POTS	What my advice to those that have just been diagnosed with POTS would be.
Chapter 13: Let's Bring Awareness	Make my last point on why education on POTS is so important.
Chapter 14: Conclusion	Wrap up the book with a great closing.

Chapter Outline: Your Personal Exercise

Introduction	
Chapter 1:	
Chapter 2:	
Chapter 3:	
Chapter 4:	
Chapter 5:	

Chapter 6:	
Chapter 7:	
Chapter 8:	
Chapter 9:	
Chapter 10:	
Chapter 11:	

Chapter 12:	
Chapter 13:	
Chapter 14:	
Chapter 15:	
Chapter 16:	

Chapter 17:	
Chapter 18:	
Chapter 19:	
Chapter 20:	

Just keep Writing Schedule... My Example:

My goal is I will write at least 5 out of the 7 days a week. I want to have this book published by March 31st, 2017

Monday	Write
Tuesday	Write
Wednesday	Write
Thursday	<i>No Writing</i>
Friday	Write
Saturday	<i>No Writing</i>
Sunday	Write

Just Keep Writing Schedule... Your Personal Exercise Week1:

***The goal is to write at least 5 out of the 7 days a week. I would like my book to be published by this date (_____) ***

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Schedule Exercise Week 2:

***The goal is to write at least 5 out of the 7 days a week. I would like my book to be published by this date (_____) ***

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Schedule Exercise Week 3:

***The goal is to write at least 5 out of the 7 days a week. I would like my book to be published by this date (_____) ***

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Schedule Exercise Week 4:

***The goal is to write at least 5 out of the 7 days a week. I would like my book to be published by this date (_____) ***

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Schedule Exercise Week 5:

***The goal is to write at least 5 out of the 7 days a week. I would like my book to be published by this date (_____) ***

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Schedule Exercise Week 6:

***The goal is to write at least 5 out of the 7 days a week. I would like my book to be published by this date (_____) ***

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Schedule Exercise Week 7:

***The goal is to write at least 5 out of the 7 days a week. I would like my book to be published by this date (_____) ***

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Schedule Exercise Week 8:

***The goal is to write at least 5 out of the 7 days a week. I would like my book to be published by this date (_____) ***

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Schedule Exercise Week 9:

***The goal is to write at least 5 out of the 7 days a week. I would like my book to be published by this date (_____) ***

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Schedule Exercise Week 10:

***The goal is to write at least 5 out of the 7 days a week. I would like my book to be published by this date (_____) ***

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Reviewing Your Book Checklist

- Initial spell Check
- Make sure chapters lineup
- Add copyright section
- Check spelling
- Check grammar
- Check structure
- Add content
- Delete content
- Check Formatting
- Add things (such as)
 - Page numbers
 - Quotes
 - Titles in header
 - About the author section
 - Page breaks

Things to Remember Once Finished Writing

✧ Proofread and edit your book

✧ Hire a professional editor

✧ Review your work again

✧ Decide how you want to publish your book

✧ Decide how you want to market and sell your book

✧ Enjoy what you just accomplished!!

Personal Notes Page