

# Write Your Life

**THE  
WORK  
BOOK**



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# INTRO

## TO THE WRITE YOUR LIFE METHOD

This workbook is a supplement to *Write Your Life: The Ultimate Life Hack For Achieving Your Dreams* by Jessica Grace Coleman. As well as including the main points of the Write Your Life Method, it also features the main Action Steps from the book that you can complete in order to write your own life. For more information on the full Write Your Life programme, please check out [writetogetheracademy.com/writeyourlife](https://writetogetheracademy.com/writeyourlife). The *Write Your Life* book is available as an ebook and paperback from [writetogetheracademy.com/writeyourlifebook](https://writetogetheracademy.com/writeyourlifebook).



Jessica Grace Coleman is a British author, editor, ghostwriter, and self-proclaimed 'introvertpreneur' with a passion for words and a mission to help people change their lives through writing.



She started Coleman Editing in 2014, offering proofreading, editing, and ghostwriting services, and in 2020 she founded the Write Together Academy, helping people achieve their dreams - whether that dream is to write a book or to achieve life goals through writing and mindset techniques.



Using a combination of writing exercises, self-development techniques, and mindset tools, *Write Your Life* gives you the opportunity to design your dream life - and then live it. As long as you put the work in, you can achieve your goals and accomplish your dreams, whatever they may be.

Do you want to change your life? Change your path? Change your story? What if I told you that, at any time and for any reason, you could sit down and completely rewrite your story? Would you do it?

We are the authors of our own lives, but many of us never even pick up the pen; we just let life happen to us without ever deciding what we really, truly want – and without putting a plan into action so we can accomplish our goals and achieve our wildest dreams. Instead we just go with the flow, letting other people write our stories for us. We let them dictate our purpose in life, telling us what we should and shouldn't be doing. Well, it doesn't have to be that way. Life is what you make it. Life is what you write it to be. And you can write whatever you want.

We have just one incredibly short life on this earth, but many of us never find our purpose, the reason we were put here on this planet. Well, what if I told you that your 'reason' for being here – your ultimate purpose – isn't some ethereal thing blowing in the wind that we're never quite able to catch, but is actually something you choose and create for yourself? We may not know the big purpose behind the existence of humankind, but we can certainly figure out our own individual purposes, and perhaps that's enough. Perhaps that's everything.

There are so many things you can get out of going through the assignments in these pages. For instance, this book can help you:

- Make minor and major life decisions
- Come to terms with certain things in your past and get closure on events, people, and anything else you've been holding onto, whether you knew you were holding onto them or not
- See how the things you've done in the past (or the things that have happened to you) have shaped you into the awesome person you are today, and be grateful for them
- Identify the 'ambitions' you have for your dream life, and whittle them down to your Top Three Dreams that you can start taking action on today
- Come up with a clear, precise Ultimate Dream Blueprint to help you achieve your goals and attain your dream life
- End up with your very own Write Your Life Story, a fictionalised account of you and your journey that will encourage you on your path to achieving your dreams
- If you wish, turn your finished Write Your Life Story into a physical paperback and flick through it whenever you need to remind yourself how amazing you are for completing this book, or whenever you need to review your Ultimate Dream Blueprint.

# A NOVEL PERSPECTIVE

When you're reading a book, or watching a TV show or a movie, do you sometimes find yourself rolling your eyes at the page, or shouting at the screen, because the main character's about to do something immensely stupid? Or because you can tell what's about to happen? Or because you think you could have written it better yourself? We all do it, and we always know what's best for the characters we're reading about or watching on screen. Don't go down into that dark basement alone... don't go into the house where the killer is without waiting for backup... don't date the handsome yet clearly evil guy while the good-hearted scruffy country dude waits in the wings... I'm sure some of us do it with our friends and family members too. We want to blurt out, 'Why are you dating that girl when she's really mean to you?' or 'Why are you staying in that job when it's making you so miserable?' or 'What will it take to make you two see you're perfect for each other?'

If we can do this so easily with the lives of other people - whether they be characters in a book or our own friends - why can't we do it with our own lives? Why can't we take a step back, look at what's happening as though it were happening in a novel, and give ourselves the same advice we give fictional people on a regular basis? Why can't we look at our own situations - such as when we have an important decision to make - and see it from an outsider's perspective? As if we were reading about an epic romance story? Or a coming-of-age narrative? Or a redemption story? Perhaps it's a rags-to-riches tale, or a story about a timid girl who blossoms into an awesome powerhouse businesswoman? Or better yet, as if we were writing our story ourselves, which is what we should be doing anyway, every single day of our lives? Too many people make the mistake of just letting life happen to them, without even realising they have the power to write the next chapter, the next page, the next sentence - if only they'd bother to pick up the pen. Fiction always includes conflict of some kind, but it also includes heroes and heroines, people who overcome terrible obstacles and who escape from horrific circumstances to come out the other side triumphant, having learned the necessary lessons and grown in all kinds of ways to become the person they were always meant to be. And what is fiction if not a reflection of life?

This is about waking up tomorrow, looking at that fresh, blank page, and deciding to take control - deciding to be the author of your own life. After all, isn't that what's supposed to happen? We have one life on this earth (as far as we know), and we should be the ones to write our own stories - not our family, not our friends, not our bosses or our peers or anyone else. Us.





**Print out your answers to the above questions – or have your notebook on standby – as we progress through the book, and refer back to them when doing the rest of the action steps. For everything you write and for every ambition and dream you come up with, keep your Life Outline in mind.**



- Just as with writing, when it comes to life there are both plotters and pantsers. Being impulsive and enjoying the unexpected things in life is great, but if we really want to achieve our dreams, we need to be a plotter, not a pantser. It's time to get organised.
- We can only design and write our lives if we know what we're aiming for, so be honest when coming up with your Life Outline. It's no use aiming to live in a modest house in the countryside like your friends if what you really want to do is travel the world and work remotely, or go against what your peers are doing and move to the big city to go after that highly paid corporate job. Be honest with yourself about what you want; don't pretend you want something just because it's what people expect you to want.
- People change, dreams change, and life goals change, so don't worry if your Life Outline looks different in ten years' time. After all, it probably looks different now to how it did ten years ago. Ask yourself the questions in this chapter every few months or years and honour any changes there may be in your answers.
- Try visualisation techniques and vision boards to get your brain used to seeing and experiencing what you want to achieve.
- You can write your life and change your story at any time.

# WRITE YOUR CHARACTER



## Write your Main Character Profile

**Name.** It might be tempting to give your character an awesome name that sounds like something out of a superhero movie, but this is only really going to work if you give your character your own name. You'll be writing about yourself, and your brain will have a much easier time equating your character with the real you if you use your normal name (or nickname).

**Age.** Use your actual age, and no lying! You're only lying to yourself.

**Location.** As with everything else, use your actual location, even if it's not where you want to be right now. If needed, this can be something you work on during the rest of the book.

**Occupation.** Use your current occupation, even if it's not what you want to do with your life. Again, we're just using this as a starting point.

**Skills and talents.** What is your character good at, either inherently or because they've worked at it? Are they brilliant with numbers? A whizz at writing? Do they love computers or technology? Can they play an instrument? Are they a good singer? Do they have good organisational skills? Are they talented at a particular sport? Can they cook up a storm? Can they draw or paint or create things with their hands? Do they have a brilliant memory? Are they a good listener? Are they good at persuading people to do things, through action or demonstration or impassioned speeches? Whatever they are, list them here. Your character will have the same skills and talents as you, so really think about what you're good at.

**Lifestyle.** What kind of lifestyle does your character currently have? Do they live in a huge house or a small one-bedroom flat? Do they have savings and disposable income or are they barely scraping by? Do they have a brand new car that they exchange every two years or an old banger they've had for a decade? Where do they shop? What kind of food do they eat? How often do they go on holiday (and if they do go on regular holidays, where do they go)? And, most importantly, are they happy with their lifestyle and the way they live? If not, which bits do they wish they could improve (or perhaps change completely)? Again, answer this based on your own current situation, and be honest about what you have and how you live.



**Write out your Main Character Profile – their name, age, location, occupation, skills and talents, and lifestyle. Then, write a paragraph or two about yourself and your current situation. How would you describe yourself, your situation, and the main predicament you currently find yourself in? Write down a few ideas, and if you aren't sure what your predicament is, take a while to think about it. What is it you most want to change about your life? What are you unhappy with right now? Are you in a bad relationship? Are you not living where you want to live, or in the type of place you want to live? Do you want to start a family, or make your family bigger? Do you hate your job and want to quit? Do you think you deserve a pay rise and/or a promotion? Do you want to work for yourself as a freelancer or start your own business? Do you have five dogs but really want ten? Get it all out and write it all down.**

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- You can't change your past (or your origin story) but you can change the way you look at it – and the way you allow it to dictate your future.
- Even if you had a horrible childhood or a tough time growing up, everything you've ever been through has shaped you into the person you are today, and if you're reading this book, I'm willing to bet that person is pretty awesome.
- Just like you can Write Your Life, you can also write your character. Don't like something about yourself? Change it. Don't like the way you react to certain situations? You can change that too. People are ever changing and ever evolving. Transform yourself into the person you want to be.
- Sometimes we have to write out all our skills and talents to really appreciate everything we're capable of doing; it's easy to forget, so remind yourself.
- Sometimes, we don't even know what we're unhappy with in our lives until we take the time to really sit and think about it. If money were no object, and if you weren't going to use excuses or limiting beliefs to hold you back, what would you change?

# WRITE YOUR ORIGIN STORY



**Answer the following questions:**

- What would you say defined your childhood/your time at school?
- Was there a particular moment when everything changed, or when you realised something that had a profound effect on your life?
- Did anyone in your family or friendship circle die growing up? Even if you weren't particularly close to them?
- Did you move house or schools, or perhaps towns or countries? Did this affect how you acted or how you saw the world?
- Does any friend or family member stand out as being someone who taught you a valuable lesson?
- Did you have any accidents or operations when you were growing up? Did that have an effect on what you could or couldn't do? Did it affect you mentally?
- Did someone close to you betray your trust or make you feel bad about yourself?
- Were you bullied or made fun of?



**Think about your own origin story, and if you're not sure what it entails, answer the questions listed above and then write down five things, moments, or people who you think most defined who you were in your childhood/adolescence. From those five things, you can write out a sentence or two that encapsulates your origin story. To recap, here's mine: *I was the quiet kid who never had the confidence to go after what I wanted, until I had a life-changing operation and discovered I was capable of so much more than I'd been told.***



**Write your character's origin story. Do it in third-person past tense, with you as your main character.**







- Your origin story can usually be traced back to one or two events that changed the course of your life and put you on a certain path.
- Origin stories can be painful, but they don't have to be. Sometimes, good events change the course of our life too.
- Even if you do have a painful origin story, you can take the pain you felt when you were younger and turn it into your passion for the future – your purpose, your legacy.
- You can look at past events through a new lens, changing your perspective on what happened and why. In doing so, you can start seeing yourself through a new lens.
- Your origin story may have defined you up until this point, but it doesn't have to define you any longer. It's up to you to turn it on its head and change your future path (if you want to).
- Often, our origin stories tell us more about the people around us than they do about ourselves. Reframe your past and see for yourself.



# WRITE YOUR LIMITING BELIEFS

## Common limiting beliefs that hold us back:

I'm too quiet

I'm too shy

I'm too introverted

I'm not confident enough (to do something)

I'm not fit enough or healthy enough

I'm not strong enough (physically or emotionally)

I'm not good at trying new things

I don't make a good first impression

I'm not good in social situations if I don't know anyone

I can't travel because I'm scared of flying

I'm not good at retaining information or learning new things

I can't sing

I can't dance

I don't know enough (about something) to do that

I'm not adventurous

I'm not spontaneous

I don't like trying new foods

I'm not good with rejection

I'm not good at small talk

I'm not good at sports

I'm not good at writing

I'm not good at (insert any topic, hobby, or skill)

I'm too stupid

I'm too slow at learning

I can't take constructive criticism

I don't deserve success

I don't deserve to be loved

I don't deserve to live the life of my dreams

I'm just not good enough







- Limiting beliefs are just that – beliefs – and beliefs are just thoughts you think over and over again.
- Beliefs can be rejected just as any other thought can be rejected. It's an internal rather than an external thing, and we have the power to change it whenever we like.
- Negative self-talk is rubbish, and we shouldn't have to take that crap from ourselves! Replace the negative things your mind tells you with positive things, bit by bit, word by word.
- Don't spend time coming up with excuses for why you can't do something – you can put that time to better use.
- Other people's opinions of you are none of your business.

# WRITE YOUR CAREER



I want you to think of all your past jobs and make two lists: things you enjoyed doing and were good at in those roles, and things you hated doing and were not so good at. This list will act as a 'talent' blueprint for when you're looking at applying for jobs in the future, or for when you're coming up with a business idea if you ever want to become self-employed. Here are a few of mine:

## **Things I enjoy/am good at:**

- Organising everything!
- Creating and maintaining spreadsheets (preferably pretty colour-coded ones)
- Creating content (books, blogs, photos, videos, social media posts, anything)
  - Writing, editing, and proofreading
  - Creating (extremely basic!) websites
  - Admin & keeping on top of emails
- Getting to know clients, especially repeat customers
  - Connecting with people
  - Helping people achieve their goals
- Scheduling and diary management
- Tea breaks

## **Things I hate/am not so good at:**

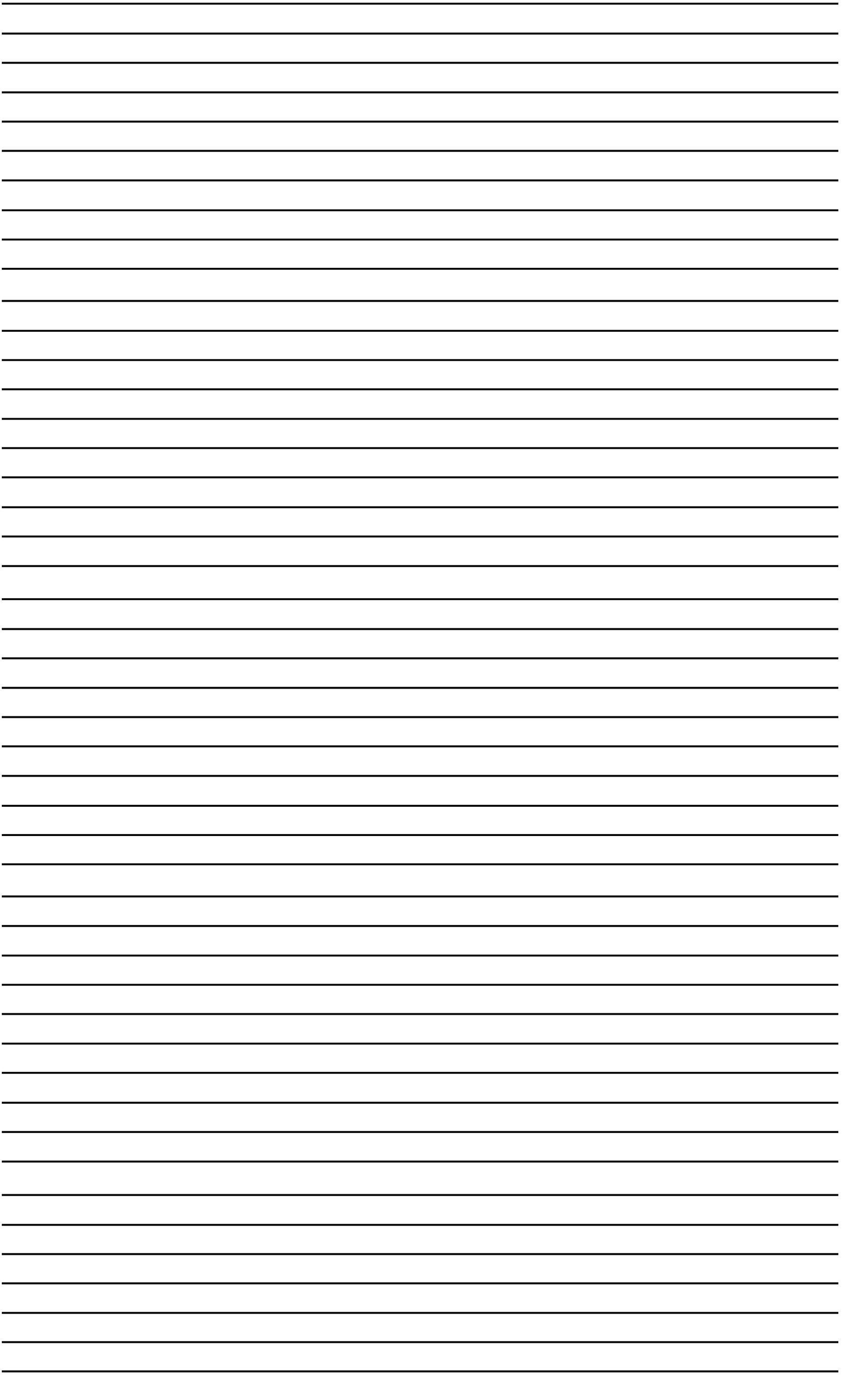
- Taking minutes
- Writing up minutes
- Distributing minutes (can you see a theme here?)
- Working long hours in retail, constantly being on my feet
- Cleaning for a living, and again constantly being on my feet
- Bookkeeping and accounting (I am definitely not a numbers girl)
  - Chasing late payments
- Endless, boring meetings that don't solve anything
- Super early start times



**Write out two lists – things you love about your job or career, and things you hate about your job or career. If you already know you want to leave your job and are planning on doing so, do this exercise anyway, as it can really focus your mind on the aspects of your job you do like that you'd like to take with you into any future roles or career changes.**



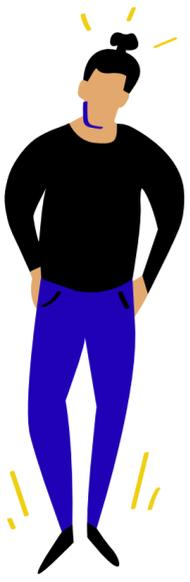
**Write out either a scene or a little montage describing your character working in a job they hate (based, obviously, on your reality – either past or present). Really be honest about what you hate(d) about the job and how you feel/felt having to go in every day. Have you ever been humiliated by a boss? Or been made to feel stupid in a meeting? Or got a bad performance review? Have you ever been made redundant, and was it dealt with in a less than professional way? Have you ever been fired for something you didn't do, or fired for something you felt deserved a far less severe punishment? Get it all written down! This bit can be very cathartic, and it might make you realise how you truly feel about your current job, either by highlighting the bits you actually don't mind or quite like, or pointing out the glaringly obvious: that it's time to move on.**





*Important Points*  
**FROM THIS CHAPTER**

- If you're stuck in a job you hate, remember that you have so many other options – you just need to put the work in and step outside your comfort zone.
- Just because you've loved your job in the past doesn't mean you should stick with it if you don't feel the same way now. Most likely, you won't be the same person as you were when you first started; you'll have aged, grown, and changed. You'll have different interests and different passions. It's OK to leave and try something new.
- If you have a burning desire to quit your job in a dramatic way, maybe write it out as a scene instead of actually doing it; you might need that reference from your boss in the future!
- If you love your job and are happy with the amount of money you make, cherish it and remember to be grateful every single day.



# WRITE YOUR AMBITIONS

## The Ambition Awareness Method

Answer each of the following questions in as much detail as possible.

- What skills do you have that you're good at and enjoy doing? These can be work-related, home-based, or anything else you can think of. (We already touched on this in the previous chapter with your work-based talents).
- What parts of your current job do you most enjoy? What parts of previous jobs have you most enjoyed? (Again, look back at your answers to chapter five).
- What are your passions in life? What lights you up?
- What charities do you support or are interested in supporting in the future?
- What causes are really close to your heart? E.g. Climate change, animal rights, civil rights, helping people in poverty-stricken countries, helping the homeless, feeding children who don't have enough, helping minorities, improving life for refugees, etc.
- If money wasn't an issue, what would you do with your life? What would you spend your days doing?
- What do you daydream about? (We all do it!) What do you dream about regularly? (The nice dreams - no nightmares here).
- What do you envy about other people's lives? (We're not doing this to compare; we're using other people's lives and lifestyles to mirror what we feel we're missing in our own).
- Which famous fictional characters do you aspire to be like? What qualities do you admire in them?
- Which 'real life' people do you aspire to be like? (This can be celebrities, friends, family members, work colleagues, etc.) What qualities do you admire in them?
- Which 'admirable' qualities do you already possess? What would you like to work on more?
- Do you have any secret fantasies you don't tell anyone about? (And I'm not talking bedroom fantasies here, although by all means write that down if you want!) Do you dream of quitting your job and sailing around the world? Do you want to build your own business? Do you want to go on an epic trip? Do you want to have another child, or adopt, or foster? Do you want to get twenty cats or six dogs or a whole menagerie of animals? Do you want to lose ten pounds or run a marathon? Do you want to go skydiving or bungee jumping or join a circus or learn how to drive monster trucks? Do you want to make a difference in people's lives, either with a job that helps people (like being a nurse or a carer), by donating money to your favourite causes, or perhaps by creating your own charity or foundation? For the purposes of this exercise, nothing is off limits (but please, keep it legal). So go ahead and dream big!

You should now have some idea of what really lights you up in life, as well as the skills you have that you can transfer to new ventures, new jobs, new businesses, new hobbies, and so on. Now, take all your answers to the above questions and, if any of them seem to connect, try and link them together. You can then come up with your Top Ten Ambitions, writing a paragraph about each as well as a visualisation scene.

## Ambition Score Card

For each of your ambitions, mark them out of 10 by answering the following questions:

A) How excited did you feel when you came up with your ambition/wrote out your visualisation, 1 being 'not at all' and 10 being 'really damn excited'? Score:

B) How scared did you feel when you came up with your ambition/wrote out your visualisation, 1 being 'not at all' and 10 being 'absolutely terrified'? Score:

C) How long have you harboured this ambition, 1 being 'I literally just came up with it' and 10 being 'forever'? Score:

D) How far out of your comfort zone is this ambition, 1 being 'I'm still on my comfy couch right in the middle of my comfort zone' and 10 being 'I can't even see my comfort zone I'm so far out of it'? Score:

E) Does this ambition light you up, set your insides on fire (not literally, hopefully), and get those butterflies fluttering in your stomach when you think of it? Score out of 10, 1 being 'it doesn't really do anything for me' and 10 being 'I'm so on fire right now I could achieve anything!' Score:



**Complete the following exercises – and remember, you don't have to show these to anyone if you don't want to.**

**Exercise 1) Write out at least three past ambitions you actually achieved, as well as the details of how you achieved them.**

**Exercise 2) Write out your Top Ten Ambitions for your life. Right now, don't worry about how realistic or unrealistic they are; as long as they're attainable for a human being, you can write them down.**

**Exercise 3) Write a paragraph – or a short story, if the urge so takes you – visualising what it would be like when you achieve that particular goal and finally attain your ambition.**

**Exercise 4) Rate each one of your Top Ten Ambitions using the Write Your Ambitions Score Card and total up your score.**

**Exercise 5) List your Top Three Ambitions. This is your Ultimate Dream List that you'll use in the next chapter, Write Your Ultimate Dream Blueprint. This is where we get to the really good stuff!**













*Important Points*  
**FROM THIS CHAPTER**

- Your ambitions can be anything you want, and they can be from any area of your life. No ambition is ever too big or too small.
- Don't list ambitions you think you should have, or that other people expect you to have; be really honest with yourself and what you want out of life – and don't worry about what anyone else will think.
- For this stage in the process at least, try to list a range of ambitions: some career-based, some travel-based, some fun-based, and so on.
- Don't just list things that will bring you monetary gain, such as getting a promotion, changing your career, or starting a side hustle. Some ambitions are worth it for the enjoyment you get out of them alone, or for the feeling of freedom, or simply for the sense of accomplishment. Sometimes, it's just nice to do something for yourself, even if you're not sure at the moment what you're going to get out of it.
- Be as creative as possible when writing out your visualisation paragraphs. There's no judgement here, and the only limit is your imagination. Have fun with this!



# WRITE YOUR ULTIMATE DREAM BLUEPRINT

## Creating your Blueprint

The first thing you need to do is to have a Top Task Session, listing every task you can do to help you achieve your goals. If you get stuck:

- Research
- Talk to people who can help
- Do the maths (get your finances straight)
- Meditate or change your state
- Phone a friend. A problem shared is a problem halved.

Then you need to know:

- How long each task is likely to take
- What we need to have in place before we can do each task (whether it be the other tasks on our list or something external that needs to happen, such as earning more money, changing jobs, or living in a different place)
- What help we need (and from whom) in order to complete the task.

Here is the basic Blueprint, and you need to do this for each dream:

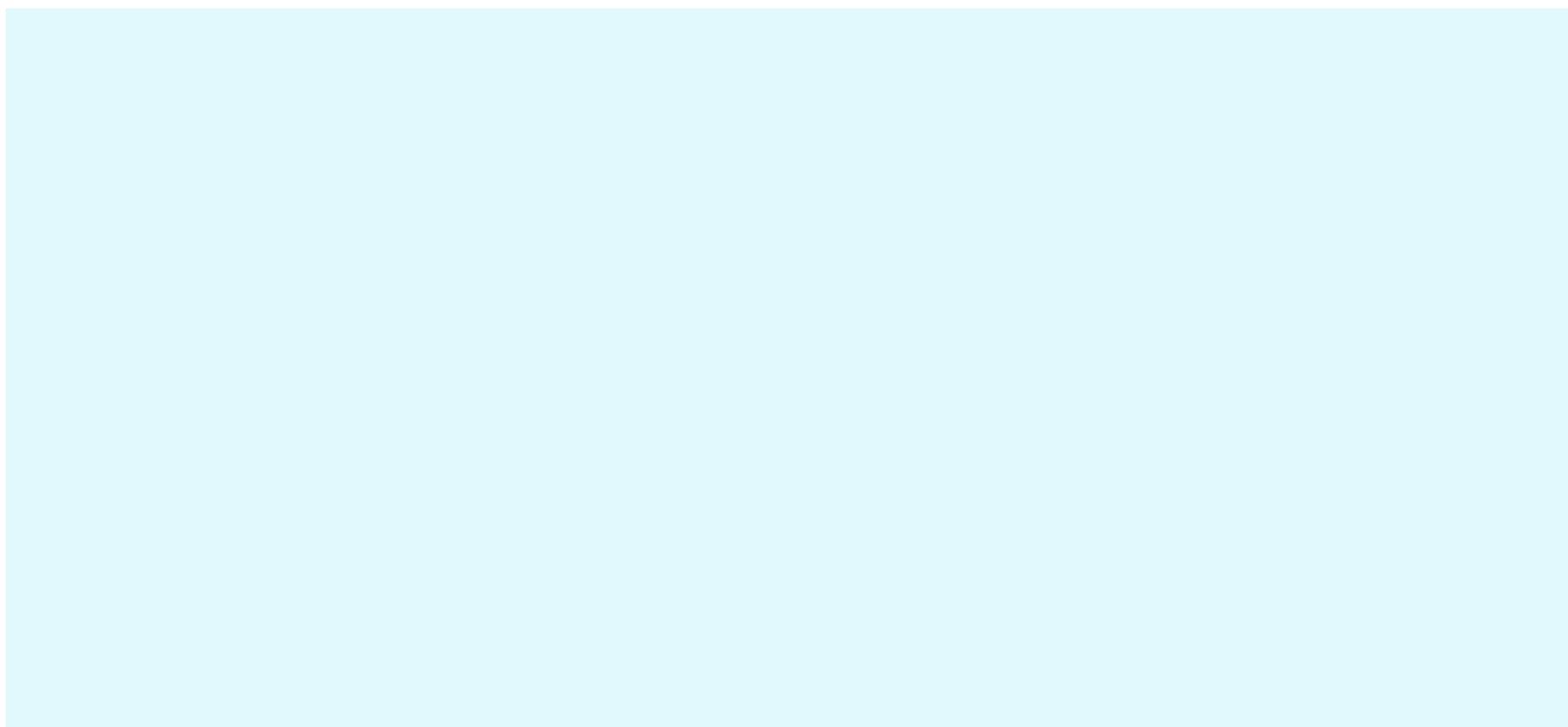
1. List all the relatively quick tasks you can complete without any prior work or help from anyone else. These will be put in the following category: **Tasks I can complete now/today/in the next few days.**
2. Write as much detail as you can for each task, including exactly what you're going to do and how you're going to do it.
3. If required, break down each task into smaller, more manageable tasks.
4. Enter each task into your calendar or diary, and give yourself a deadline for each.
5. List all the medium-length tasks you can complete with very little prior work or help from anyone else. These will be put in the following category: **Tasks I can complete in the next few weeks.**

6. Write as much detail as you can for each task, including exactly what you're going to do and how you're going to do it.
7. If required, break down each task into smaller, more manageable tasks.
8. Enter each task into your calendar or diary, and give yourself a deadline for each.
9. List all the longer tasks that require a lot of prior work/different circumstances/a lot of help from someone else. These will be put in the following category: **Tasks I can complete in the next few months/years.**
10. Write as much detail as you can for each task, including exactly what you're going to do and how you're going to do it.
11. If required, break down each task into smaller, more manageable tasks.
12. Enter each task into your calendar or diary, and give yourself a deadline for each.

It may look simple, but it can take a while to organise each task into each category, and then put those in order as well, so make sure you give yourself plenty of time to build up your Blueprint.



**Write out the actions you're going to take to help you achieve your goals and your dreams. Take it one 'dream' at a time, and break it down into general things you can do today, over the next few weeks, and (if applicable) over the next few months or years. Then start breaking it down into individual tasks, using as much detail as possible, and give yourself a (realistic) deadline. Make a note in your diary or put a reminder in your online calendar – and whatever you do, stick to it. You're only harming yourself, and cheating yourself out of your dream, if you don't.**



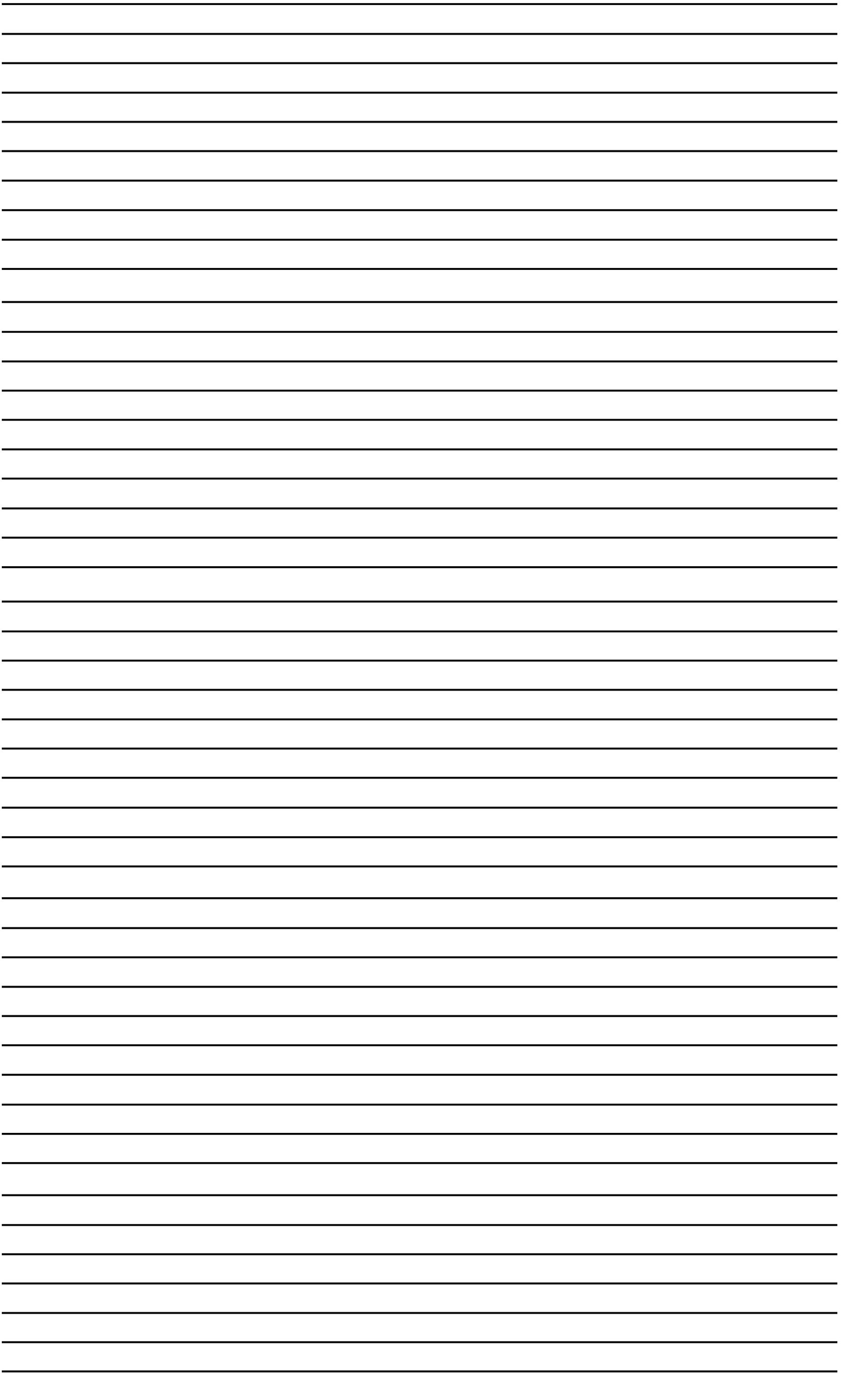














- Dreams are not fluttering butterflies we have to chase down; they're immovable objects that we simply have to walk – or work – towards.
- If we find obstacles on our path, it doesn't mean we're heading towards the wrong dream. It just means we have to get there in a different way. As Gabby Bernstein says, obstacles are just detours in the right direction.
- You don't have to tell people about your dreams, but doing so can have many benefits. They may be able to help you get there, and being accountable to someone can force you to go after your dreams even if you have moments of self-doubt. Having an accountability buddy is ideal.
- It's essential that you create an Ultimate Dream Blueprint for each and every one of your dreams.
- Start with the easiest task(s) first – something you can't possibly fail at, like buying a book on a particular subject, watching a YouTube video, or doing ten minutes of research.
- Then, make a list of tasks you can do over the next few days, weeks, and months, and include as much detail as possible.
- Where needed, give yourself specific deadlines for your tasks, and make a note of these in your calendar or diary.
- If you get overwhelmed, don't look at the big picture; just look at the next task and focus on that, nothing else. As with many things in life, this is best done bit by bit. How do you eat an elephant? One bite at a time. Or, as Anne Lamott tells us in her book of the same name, we need to take things 'bird by bird'.

# WRITE YOUR FEARS



Write out your five biggest fears (and leave out phobias if possible, as many of these are irrational and can require some kind of therapy in order to get over). These can be things like fear of public speaking, fear of singing in front of people, fear of speaking up in work meetings, fear of trying new things, fear of change, fear of missing out, fear of looking stupid, and so on. Then, break down each of these fears into their smallest component parts. Perhaps your fear of trying new things is really a fear of being rejected or a fear of finding out you're not as capable as you thought. Perhaps your fear of change is really fear of not being good enough, or a fear that you don't deserve a better life. Really dig deep here, and keep asking yourself the question, 'but what is that fear really about?' Do as many rounds as you need to do in order to get to the bottom of your fear – the real reason behind your 'surface' fear – and then write a paragraph about where you think that fear came from. Can you trace it back to something in your childhood? Or your adulthood, for that matter?

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**Write a scene where your character has to face one of their biggest fears. As usual, write it in the third person in the past tense, and make sure your character overcomes their fears by the end of the scene. Perhaps they can do this by looking at things from a different perspective, or asking themselves what they're really afraid of, like we did in the Journal Action Step above, or even by making friends with their fear and picturing it as just excitement in a fancy hat! If you can connect this scene with the story you've been telling so far, even better. For instance, if one of your ultimate dreams is to quit your job and start up a charity, explore the fears you have surrounding that – fear of failure, fear of looking stupid, fear of not being listened to, perhaps – and have your character overcome that fear in whatever way it takes.**







- Fear is your friend. It's trying to help you.
- It's up to you to distinguish between real, genuine fear that can help you, and unhelpful fear that doesn't know what it's talking about.
- Fear lines your comfort zone, and if you can push through your fear, you'll be rewarded – so open that door and get outside your zone.
- Fear is just excitement in a fancy (or scary) hat.
- Perspective is everything, and you can choose the way you look at something and the way you react to things.
- Failure is good and roadblocks are there to help guide you, so don't feel bad if things don't work out straight away. Get up, dust yourself off, and try again – and make sure you learn from your failures. This way, you never really fail. You only fail if you give up trying altogether.
- Whenever you fail, instead of despairing, ask yourself this question: What would Will Smith do?







*Important Points*  
**FROM THIS CHAPTER**

- Pep talks from other people can be very effective, but don't forget the power of giving yourself a pep talk – a good old speaking to – whenever you need it.
- If you find yourself going down a negative thought spiral, stop immediately and ask yourself, 'What would Buffy do?' or 'What would Jeff Winger do?' or whichever TV show/movie reference works for you.
- You can give pep talks to your friends too. If they come to you with a problem or you can tell something's wrong, sit them down, make them a cup of tea, and give them the advice you'd give yourself in the same situation. You'll probably end up helping both your friend and yourself.
- If an entire pep talk seems like going a step too far, come up with a simple one-line mantra instead; something you can say to yourself as soon as you wake up in the morning and before you go to sleep at night, something that revs you up and makes you want to get working towards your dreams immediately.





**Write out the major last scene of your story, where your main character finally achieves their dream. Make it as epic as possible, something that would make you shout out in the middle of the cinema or well up when reading a book. This is your moment, and it's the moment you'll be living for real in a few weeks, months, or years' time when you come to the end of your Ultimate Dream Blueprint and finally accomplish your goal(s). Make sure to include how your character celebrates getting to this monumental point in their lives, as I believe you have to celebrate every milestone you reach. You can write a scene for each dream on your list if you wish, but start with just one, and really put every effort into making it awesome. Then, every time you envision yourself accomplishing your dream in the future, you'll have this ready-made scene standing by – and you'll know exactly how to celebrate when you get there.**

A large, empty light blue rectangular area intended for writing the scene described in the text above.







- If you ever feel like an unsuccessful simpleton – it happens – look back at all the awesome things you’ve achieved in your life. You’ll soon feel better about how amazing you are, and it can give you the confidence to continue doing such awesome things.
- Write down your Top Ten Successes in life on a piece of paper and pin it up somewhere in your home, where you’ll see it every day.
- Looking back at our past achievements on a regular basis can remind us just how capable we really are – something we might have forgotten.
- Write out your Success Scene and read it over as often as possible. Use it to visualise that moment when you achieve your dream, and keep visualising it as you work through your Ultimate Dream Blueprint.

# WRITE YOUR LEGACY



## Coming up with your Legacy Vision

Here's how I came up with mine.

I made a list of everything that's important to me in terms of my personal life and in terms of local and global issues:

My family, my friends, giving back to the community and the world in general, encouraging people to go after their passions and helping people achieve their dreams, using writing as a self-development tool, self-development and personal growth in general, helping people read and write so that they can educate themselves and others, combating climate change, fighting against cruelty to animals, helping people in poverty, helping people (and women in particular) achieve their business goals, sharing my love of words and writing, and teaching others how they can write their own life.

I pondered my answer to the following question: What do I want people to remember about me once I've gone?

For many, this will be a difficult thing to consider, as none of us like to imagine a world where we've died and left loved ones behind, but it is worth thinking about. When you come up with your answer, write it in the third person, as if you were talking about someone else - this will help you think about yourself from the point of view of others. Personally, I'd like to be remembered as a kind, generous person who helped others when she could, and who put great amounts of energy and passion into her business, becoming successful enough to be able to give back, both in terms of her money and her time. How would you like to be remembered?

I put these things together to come up with my Legacy Vision:

*To show as many people as possible how they can achieve their goals through writing and how they can design their dream life - and live it too.*



**Write your Legacy Vision. This can be just one sentence or a whole paragraph, but try to keep it as simple and concise as possible. Make sure it encapsulates what you want to achieve in life, and who your achievements are going to help. If you're not sure at first what your statement should consist of, write out whatever comes to mind when you think of what legacy you'd like to leave behind, whether in bullet points or as a mind map. Then highlight any words that stand out to you or that you feel most strongly about. You can then see if you can come up with a sentence (or several) that includes as many of these words/ideas as possible.**



**Write your Legacy Vision into a short scene with your main character, ending with them announcing their legacy. This doesn't have to be particularly epic; your character can just be sitting and pondering their legacy, writing in a journal or discussing it with some close friends. No matter how they get there, make sure you state their/your legacy clearly and concisely.**

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- Personally, I think everyone should come up with their own Legacy Vision. If no one knows what the ‘meaning of life’ is for humankind as a whole, we have to give it meaning through our individual actions and the goals we strive for. If we all did this, not only would we have more fulfilling lives, but I’m sure we’d also make the world a better place for future generations.
- Write out or print your Legacy Vision and put it somewhere you’ll see every day. This will remind you what you’re working towards – and why.
- As we grow and develop as people, our Legacy Visions are likely to change, and that’s fine. Revisit your statement every year and see if it needs a tweak.
- Leaving behind an amazing legacy that helps other people goes beyond not letting your library burn to the ground; by leaving a legacy, you’ll also be helping other people build up their own libraries, both now and in the future.



# WRITE YOUR BLESSINGS



Complete the following gratitude exercises now, and then try to incorporate them into your daily or weekly routine. Daily is better, as otherwise it's easy to start slipping out of the habit.

**Exercise one:** List ten things a day (preferably in the morning, before you get going with your day) that you're grateful for. Try and make it ten new things every day, but don't worry if you repeat some of them. After all, some will be obvious things that you're grateful for every single day. Start by listing the main things, then start to dig a little deeper, then really think outside the box, and make sure they're all things that are specific to you and the things you have in your life.

**Exercise two:** At the end of each day, write out the answers to the following questions. Again, doing this daily and getting into a routine of doing it before you go to bed every night really helps. In fact, try doing exercise one in bed every morning, before you even look at your phone, and do exercise two in bed every evening, once you've switched off your phone and are unwinding from the day.

What was the best thing that happened to you today?

What did you learn today?

Who were you happy to see/speak to today?

What made you smile today?

What unexpected good thing happened to you today?

What are you looking forward to tomorrow?

**Exercise three:** Once a week, write a letter to someone you're grateful to/for. You don't have to actually send this letter to the intended recipient, but feel free to do so (as an email, a message, or even as a phone call, if you want to tell them personally). In this letter, write out what you're grateful for, why it's helped you, and how you hope to help them in return in the future. We often forget to thank people for the little things they do in our lives (such as when our neighbour puts the bin out for us, or when someone runs up to us in the street to tell us we dropped something, or when a friend buys you a drink at the bar, not expecting one in return), and it can be nice to remind ourselves of these little things – things that, at the time, make us feel great, but that after a day or a week or so, we forget ever happened.

**Exercise four:** This is ongoing, but every time someone does something to help you, or any time something happens that makes you smile, or any time you achieve something or tick something off your life list, write it down as soon as it happens so you don't forget. Some people write them on slips of paper and put them in a jar, whereas others list them in a journal or type them up into a spreadsheet on their computer (I do love spreadsheets). Then, at the end of the year – or the end of the month, depending on how often you add to it – sit down with a beverage and snack of your choice and go through them. If you do this at the end of the year, you'll find it amazing how many things you forgot about, especially as – at the time – they may have totally made your day or week. There's something incredibly therapeutic about this, and if you do the pieces of paper in the jar option, it can be very satisfying opening up each piece of paper and reading out what you wrote weeks or months ago. You can also do this as a family or with a group of friends – just get a big jar and you can all add your own pieces of paper to it. Then you can open the jar and go through the pieces of paper as a group, remembering all the awesome things that happened that year. I'd highly recommend getting some drinks in (if you partake) and making a night of it, perhaps on New Year's Eve before everyone heads off to their various parties and events.

**Exercise five:** If you're not into the whole idea of writing things down, simply saying a quick gratitude mantra to yourself every morning and/or every evening can help keep you in mind of everything you're grateful for. This can just be a short sentence you say to yourself in your head, but make sure to change the thing you're grateful for each time. For instance, as soon as you wake up in the morning, say to yourself, 'Today I am grateful for \_\_\_\_\_' and before you go to sleep at night, say, 'The best thing that happened to me today was \_\_\_\_\_.' These will help keep you in a positive mood, starting and ending the day in the right way.







- Consider getting yourself a gratitude journal. These also make great presents for friends and family.
- Writing out a list of everything you're grateful for, on a daily or weekly basis, can significantly improve your mood, help you look at things from a different perspective, and make you feel better in general about all the wonderful things you have in your life.
- If you don't want to write your gratitude list down every time, why not meditate on it instead? Sit or lie down, either in silence or listening to gentle, soothing music, and close your eyes as you think over everything you're grateful for.
- You can also recite a gratitude mantra every morning and evening – a great way to bookend the day.
- Beware of comparisonitis! It's not cool, it's not fun, and it helps no one.

# WRITE YOUR FUTURE



We're going to end your main story with another visualisation exercise, and it's similar to the questions I asked you right at the start of this book; we've now come full circle. You can write as much or as little as you want for this action step, but I want you to take some time to really think about it, and then sit down and write the answers to the following questions:

*It's five years in the future and you've achieved many of the things on your Ultimate Dream Blueprint. What would your ideal day look like? When would you wake up? What would your morning routine consist of? What does work look like in this ideal day? How about exercise? Socialising? Having fun? If money was no object and you could do absolutely anything you wanted, anywhere you wanted to do it, what would you do? If you run your own business, what is it and how much do you earn? How do you give back to your community and/or the world in general?*



**Using the questions above as a starting point, write out your visualisation of the future you wish to have in five years' time. Then highlight, in different colours, the things you can start doing (or at least start working towards) today, in a few weeks, and in a few months. Write this in first-person present tense.**

A large, empty light blue rectangular area intended for writing the journal entry.







- Dreams are more than achievable if you simply put in the work and never give up.
- Just as you can regularly pause and reflect on your past, you can also pause and consider your future, visualising exactly where you want to be in one year, five years, ten years, and so on. The more you visualise this (in great detail), the more this vision will be embedded in your mind, subconsciously encouraging you to go after your goals so that your vision can become a reality.
- The more specific you can be about your future life, the easier it will be to envision it. That's why writing out your perfect day is a great exercise, as it gets you thinking about how you want every aspect of your life to play out.
- For these types of exercises, writing in first-person present tense helps convince your brain that this is something you've already achieved, and that it's something you are capable of doing right now. This will help make the whole thing seem far more achievable to both you and your mind, as you'll be thinking about it as if you already do these things. Tricking people is mean, but tricking your brain can be a key tool in helping you achieve your dreams.



# WRITE YOUR FINAL DRAFT

Once you have your Write Your Life Story, you can add to it bit by bit, and make it into a longer story including more and more details from your life. You can even add to it every month or every few months as you start taking the action steps towards achieving your goals. Writing your life at the same time as you're living it can really make you look at things differently, appreciate what you have, and be proud of what you're achieving.

So, if you've completed every single Write Your Life Action Step, you'll now have the makings of a story – and hopefully, a really good one. One that puts you right in the middle of the action and has you learning, growing, overcoming obstacles, and generally being a massive badass as you achieve your wildest, most wonderful dreams. And the best part? With every Write Your Life Action Step you've done, you've either been getting closure on your past or getting in practice visualising your future – and as we've learnt in this book, visualisation is key.

Here are the main narrative points from all the Write Your Life Action Steps in this book, and as you can see, it creates a nice little story:

Chapter Two: Write Your Character. This is the introduction to your character, and to the situation they want to get out of or the thing(s) they're trying to achieve.

Chapter Three: Write Your Origin Story. Here we look at the events and incidents in their past that explain why they are the way they are today.

Chapter Four: Write Your Limiting Beliefs. We see what the character's limiting beliefs are and how they're holding them back.

Chapter Five: Write Your Career. We look at what talents the character has and what they enjoy in their job/the jobs they've had in the past.

Chapter Six: Write Your Ambitions. The character sits down and comes up with a list of the main things they want to achieve in their life.

Chapter Seven: Write Your Ultimate Dream Blueprint. Your character comes up with a dream action plan to achieve their goals.

Chapter Eight: Write Your Fears. We see what your character is afraid of, and how those fears could possibly stop them from achieving their goals.

Chapter Nine: Write Your Personal Pep Talk. With their fears in mind, the character gets a much-needed pep talk, giving them the push they need for the next phase.

Chapter Ten: Write Your Success. The character does what they set out to do: they get the job, the raise, the girl, the business, the house, the husband... whatever it is.

Chapter Eleven: Write Your Legacy. The character comes up with their Legacy Vision for their career/life.

Chapter Twelve: Write Your Blessings. You/your character lists everything they're grateful for.

Chapter Thirteen: Write Your Future. The epilogue: once the character has achieved their dream, we look into the future at how they're living in five years' time. If you still have the same goals as you did at the start of this process, it should mirror what you identified as your dream life in Chapter One: Write Your Life Outline. If it doesn't, it just means your ambitions and dreams have already started evolving.



**For more information on the full *Write Your Life* book, as well as the Write Your Life Feedback programme and other products, please check out [www.writetogetheracademy.com](http://www.writetogetheracademy.com)**

