

## BEING A PROFESSIONAL WRITER NOTES

### WHY DO YOU WANT TO BE A WRITER?

All acts of recreation are attempts at healing trauma that is at least 10 years old.

To inspire others to look at their past and forgive themselves and to inspire them to choose love, forgiveness and new possibilities for growth and expansion. - To hold a mirror up to Society. - To tell the truth and liberate others with the truth. - To make a living doing what you love.

### WHAT DOES IT MEAN TO BE A PROFESSIONAL WRITER?

You always meet your deadlines and you deliver work that is professional and at a high standard beyond what is expected. You are legally bound by a writing contract to perform writing duties and performing “a work for hire” or can license your literary work if you wrote it on your own.

### WHAT KIND OF WRITER ARE YOU?

What kind of writing best suits you? What kind of writer are you?

Are you interested in only telling the facts and making sure people get all the facts right? **Then you're a journalist.**

Are you extremely opinionated and want to convince people to think like you? **Maybe you are a columnist, blogger, influencer or a monologist or a person who specializes on doing one person shows.**

Are you a writer that has a great memory for dialogue? **If so you might be a Playwright. If you have comedic timing then you're a Stand Up Comedian.**

Are you a writer who is very visual and can think cinematically/in pictures? **If so then you are a Screenwriter.**

Are you a writer who loves to get into the heads of characters and is good with describing the five senses? **Perhaps you are a novelist.**

Are you a person who can tell very short stories with a message or a point or punchline? **Perhaps you are a Cartoonist or a Stand Up Comedian, or comedy writer for a comedy show.**

**Are you inspired to inspire people to change and be their best self?**  
Then perhaps you are a writer of self-help books or inspirational books.

Are you very good at inspiring people? **Then perhaps you are an essayist or speech writer.**

Have you had outrageous experiences that very few people have had? **Perhaps you are a memoir or travel writer.**

Do you love hearing other people's stories and want other people to hear them too? **Then perhaps you are a ghost writer or a biographer.**

**Is it easy for you to rhyme? If so perhaps you are a poet or a lyricist, or can write jingles for commercials.**

## **WHAT GETS IN THE WAY OF BEING A PROFESSIONAL WRITER?**

- **Writer's Block** - letting your intellect and your ego get in the way of your creative self - writing is both being in chaos and receiving inspiration and then stepping back and editing and shaping your words.
- **Procrastination** - self sabotage - unconscious beliefs that tell you that you are a failure so you resist it because you do not like the feeling of being a failure so you don't meet your deadlines and then you become what you resist.
- **Self-Doubt** - you don't think you deserve to have your dreams come true or believe that what you have to say is not important.
- **Lack of follow through** - self-sabotage - resisting being a failure due to unconscious beliefs about self worth

- **Thinking inside the box** - fear of being humiliated, because it triggers your past failures and humiliations in public
- **SHAME** - never feeling good enough to share your work or dare to think that you deserve a chance to live your dream.

## **GETTING TO KNOW YOURSELF & YOUR MESSAGE**

In the shortest sentence or word, tell me what your message is. What is the most powerful truth you have to say?

**The theme of your life is your message...** Whatever the message is determines the genre of your writing, especially in playwriting and screenwriting or the type of writing you will do or the type of writer you can be.

There are 4 conflicts in all of dramatic story telling. - **What are your four conflicts/judgements that disconnect you from yourself, others, your community and with God?** Knowing this will give you insights as to how you put your identity together and what trauma needs healing and what kind of stories you are bound to tell or what sort of messages you have to share with the world.

## **WHAT IS YOUR BRAND?**

Describe yourself in 2 to 4 words so that I instantly get who you are or what you have to offer. My brand is Real Women Have Curves. It's both who I am and the statement I have to make in the world.

## **WHY MUST YOU WRITE? - Find answers for yourself...**

Why is it so important that you write? What's so important about your message?

What's going to make you meet your deadlines until you become a professional?

If no one publishes or produces your work are you still a writer?  
What will make you give up? Why won't you give up?