



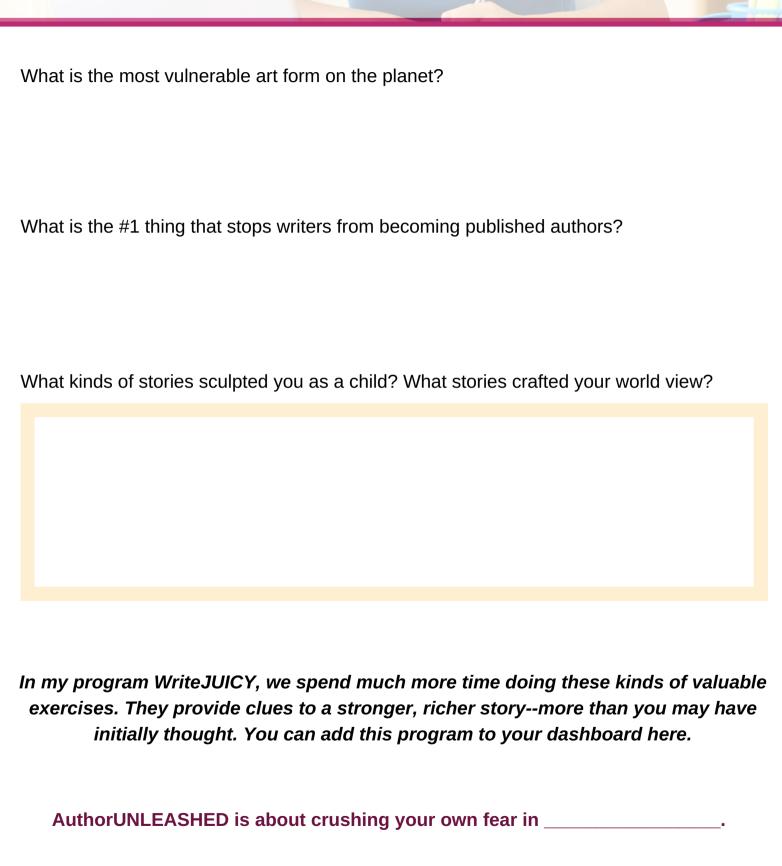
BRIDGET COOK-BURCH

NEW YORK TIMES & WALL STREET JOURNAL BEST-SELLING AUTHOR

WRITING MENTOR
TRANSFORMATIONAL SPEAKER
PASSIONATE HUMANITARIAN



LET'S GET STARTED!





FEAR 1: I'm afraid I don't know what I'm doing!

How would you crush this fear?	
A:	
What are your action steps to crush it?	
B:	
C:	



FEAR 2. I'm afraid I'll have writers' block and won't be able to finish.

How would you crush this fear?
A:
What are your action steps to crush it?
B:
C:



FEAR 3: I'm afraid I don't have the skills necessary.

How would you crush this fear?	
A:	
B:	
C:	



FEAR 4: I feel vulnerable, naked, and exposed. I fear judgement.

What if everyone hates it?
Then what?
What if I really have nothing to say?
Then what?
How would you crush this fear? A:
B:
C:

FEAR 5: I'm afraid of exposing truth. What if I can't say what I know I have to say?

How would you crush this fear?	
A:	
B:	
	· · · · · · · · · · · · · · · · · · ·
C:	



FEAR 5: I'm afraid of exposing truth. What if I can't say what I know I have to say?

For Fiction writers, what specific steps can you take?
For Nonfiction writers, what specific steps can you take?



FEAR 6: I feel I might hurt someone with my truth. What if what is meant to be constructive turns out to be destructive?

	How would you crush this fear?
	A:
Anne Lamott said:	
"You own everything that happened to you.	
Tell your stories.	
ren your stories.	
	B:
If people wanted	
you to write warmly about them, they should have	
should have behaved better."	
	C:
	

My notes	to be cons	cious of libel or	slander:	
١	our	_ is your	Your	is your
handed to	o them on a			ory did not have everything nstead? Pick one you admire and
handed to	o them on a	silver platter. V		
handed to	o them on a	silver platter. V		
handed to	o them on a	silver platter. V		

AUTHOR UNLEASHED going pho

Congratulations on facing your Fears and CRUSHING them!

Now that you have completed this program, your next step is AuthorUNLEASHED: Going Pro, which will move you from being a hobbyist writer to a published author!

You can access it for FREE here.



How many times have you started a book that came highly recommended, only to nod off in boredom?

As a writer and an author, you **WANT** your reader to be so invested in your story that they will read until 3 am, ignore their phone notifications, forget appointments,

AND decide to change themselves & the world as a result of your influence.





In the WriteJUICY program, you will learn how to:

- Leverage the power of your writing and the magic of words.
- Unleash all 5 senses to create a captivating and transformational read.
- **Use both sides of your brain** in order to have a beautifully flowing, well-constructed story.

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I'M READY TO WRITE JUICY!

