



AUTHOR UNLEASHED

crushing your fear

WORKBOOK



BRIDGET COOK-BURCH

NEW YORK TIMES & WALL STREET JOURNAL
BEST-SELLING AUTHOR

WRITING MENTOR
TRANSFORMATIONAL SPEAKER
PASSIONATE HUMANITARIAN



LET'S GET STARTED!

What is the most vulnerable art form on the planet?

What is the #1 thing that stops writers from becoming published authors?

What kinds of stories sculpted you as a child? What stories crafted your world view?

In my program WriteJUICY, we spend much more time doing these kinds of valuable exercises. They provide clues to a stronger, richer story--more than you may have initially thought. You can add this program to your dashboard here.

AuthorUNLEASHED is about crushing your own fear in _____.





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?*

Anne Lamott said:

“You own everything that happened to you.

Tell your stories.

If people wanted you to write warmly about them, they should have behaved better.”

How would you crush this fear?

A: _____

B: _____

C: _____



My notes to be conscious of libel or slander:

Your _____ is your _____. Your _____ is your _____.

The greatest Sheroes and Heroes in stories and history did not have everything handed to them on a silver platter. What happened instead? Pick one you admire and describe the pattern of their life.

AUTHOR UNLEASHED *going pro*

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.](#)



Write **JUICY!**



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.**

The secret lies in writing juicy!



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.

6 VIDEO SEGMENTS | PDF WORKBOOKS & TEMPLATES

I'M READY TO WRITE JUICY!

