

WRITE YOUR 2019 INTO EXISTENCE: SEVEN DAY WRITING LIFE ROADMAP CHALLENGE

DAY 6 WORKSHEET: YOUR 2019 WRITER'S COMPASS

BY THE #'s: BRAIN DUMP YOUR 2019 (day 2):

*** Already In the Calendar**

List upcoming Projects, Opportunities, Events, Deadlines, etc

*** 2019 Habit Goals & Metrics**

*Brainstorm any writing, publishing, promotional habits you would like to develop this year or in the future.
Circle 1-4 of these to zero in on THIS YEAR.*

*** 2019 Major Projects & Metrics**

*Brainstorm all the goals that if achieved would make 2019 feel like a huge success.
Circle the 1-4 most compelling ones.*

*** 2019 Other Metrics**

List any other Metrics you'd like to track in 2019

*** One Big, Outrageous, Hit-It-Out-Of-The-Park Goal**

*This can be a HUGE goal for 2019 or a HUGE 3-5 Year Goal.
Dream Big! Name It! Write It! Claim It! Own It! Write Your Life Into Existence!*

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SECTIONS & CELEBRATIONS

I'm going to challenge you to break your year up into four sections. These demarcations are not meant to be rigid, but they help break your year into more manageable chunks. There are many ways to break up your year (seasons, quarters, semesters, etc). See the sample worksheets for inspiration.

*I'm also going to challenge you to decide exactly how you will **celebrate your wins** at the end of each section. **DO NOT SKIP THIS STEP.** Prioritizing celebration & reflection is a must! These celebrations need not be elaborate (a date with writer friend(s), a solo movie, a women's moon circle gathering, a massage, a beach day, a fancy meal, a do nothing but read day). Define celebration however makes sense to you and schedule in your celebration!*

Below, give your sections names, list the months included in each section, and describe each section's celebration:

2019 Sections & Celebrations

Section A Name: Months: Celebration:	Section B Name: Months: Celebration:
Section C Name: Months: Celebration:	Section D Name: Months: Celebration:

FOCUS, NARROW & CHART YOUR COURSE:

*Now you can bring it all together on the next two pages and create your **Writer's Compass for 2019**.*

This visual aid will help you stay in tune with your deepest wishes while giving you a clear path toward success.

Keep in mind that the rest of your life will need your attention, so try to set targets that align with your other commitments, even as you stretch towards greatness in your writing life!

Happy WRITING YOUR 2019 INTO EXISTENCE!

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ROADMAP: WRITE YOUR 2019 INTO EXISTENCE!

YOUR 2019 THEME

ONE BIG OUTRAGEOUS GOAL

YOUR WHY (& YOUR other KEY Ws)

MAJOR PROJECTS & HABIT GOALS

ACKNOWLEDGEMENTS PAGE

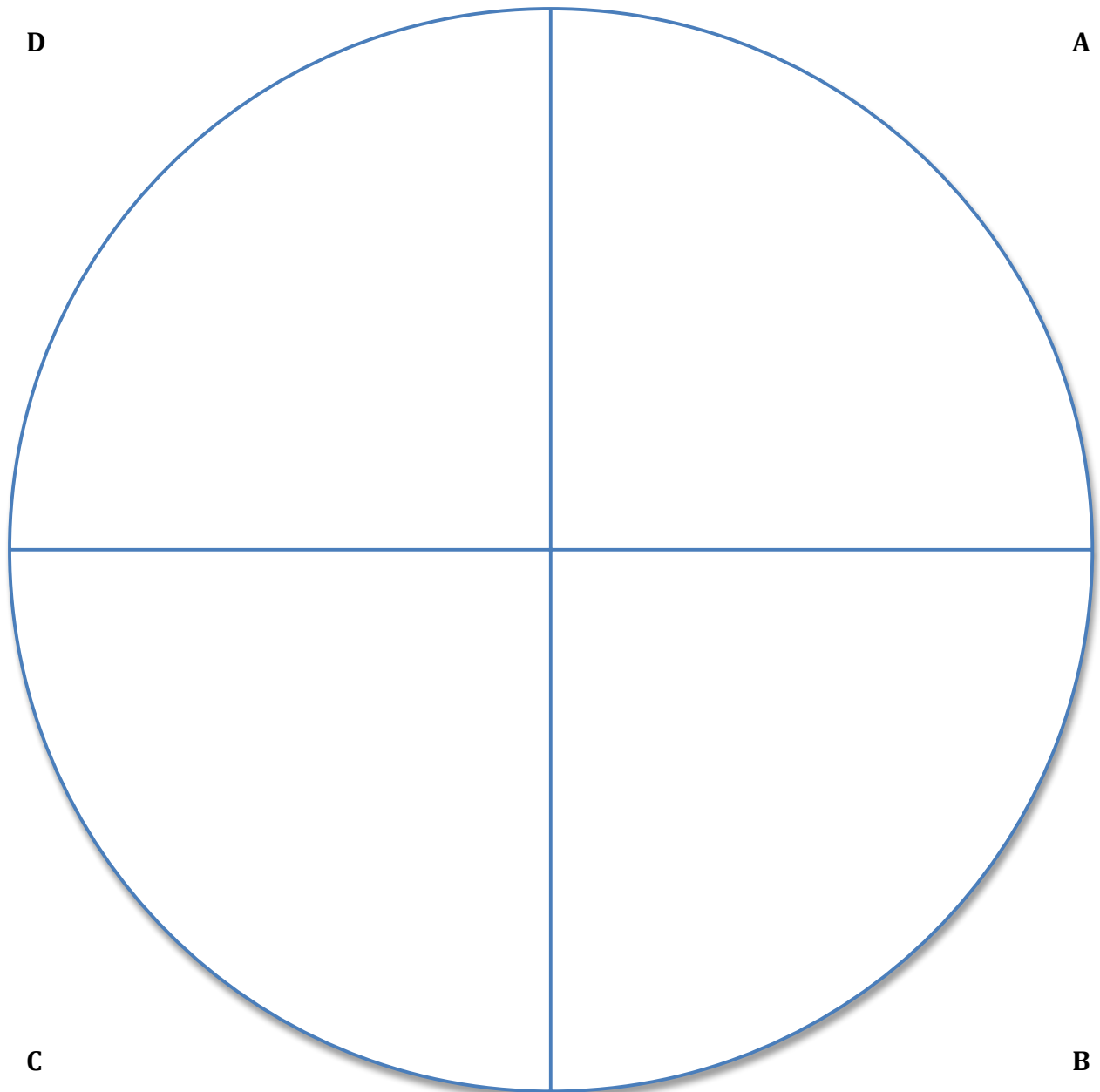
Jot down a quick list of who or what might appear on your 2019 Acknowledgments Page.

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WRITER'S COMPASS

Directions: Label your sections & celebrations on the outside of the circle. Then plug in your projects and habit goals into each section's slice based on what you'd like to work on when. You may also want to plug in major life events to give you a clearer picture of your year. See the next page & sample worksheets for examples and a debrief. Don't be afraid to be creative (draw, doodle, color code)! This is YOUR tool, so use it as best works for you!

Note: You may want to complete this with a pencil or post-it notes first, so you can move things around easily. Also, you're going for poetry, not a novel here. Where might you create white space in your year?



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WRITER'S COMPASS (continued)

Different Ways to Use the Compass

- * Think of each distinct work period as a time you'll focus specific types of work. For example, dedicate one section to writing, one section to revision, one section to submission, one section to applying for grants/residencies.
- * Or you can plug in 1-2 projects and/or habit goals into each slice based on when you'd like to work on what. If you have a habit goal you're working on all year (i.e. "Low Stakes Daily Writing") write it across all four slices.
- * Alternately, you might focus on your **BIG GOAL**. Break the goal into four smaller chunks and plug those into each of the four sections of the compass. Using that approach, you'll make steady and strategic progress towards that **BIG GOAL** in 2019.
- * You might also want to use the compass to see and organize your life in general, so you might plug in other major events or obligations. Doing so might help you set yourself up for success in your writing life.
- * You might do some combination of all of the approaches above. See the samples for inspiration.

WRITER'S COMPASS DEBRIEF

What's the first word that comes to mind when you look at your compass?

How do you feel when you look at it?

(If you're feeling overwhelmed, read below: "Your 2020 & Beyond List")

How have you distributed goals throughout the year?

Are there any tweaks you need to make to your distribution?

(Have you frontloaded the year? Left everything until the end of the year? Jammed everything into summer months? Have you taken into account during which times of the year you might need more space or down time?)

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YOUR 2020 & BEYOND LIST (Strategies for the Overachievers)

*Let me guess? Your circle is jam packed and **there's no way** you can get everything done in 2019! You're right. If this is how you're feeling right now, then you're tapping into your inner knowing that you are trying to do too much. **Step away from your compass. Take a walk. Take a nap. Take a break.***

Come back, look over your compass, and answer these questions:

** **What can I cut/delete/let go of in 2019? Forever?***

** **What can I delegate/outsource?***

****Where can I ask for help?***

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**What can wait until 2020 & beyond?*

Look at that. You don't have to give up on your dreams!

You just have to give up on the idea that they all have to happen THIS YEAR.

By filling out your 2020 & Beyond List, you're setting the intention and trusting that what you do NOW will lay the groundwork for future success.

You also give those future projects some breathing room to grow into what they were actually meant to be or to fizzle out into something you're no longer that crazy about.

Throughout the year when new projects or opportunities pop up, ask yourself if these new things belong on your 2019 Writer's Compass or on your 2020 & Beyond List.

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REVISE RINSE & REPEAT

After you've answered the questions above and filled up your 2020 & Beyond list, revise your 2019 Writer's Compass accordingly.

How does looking at it feel now?

Have you created enough white space?

If not: Step away from the circle. Take a break.

Then rinse and repeat the activity above until you have a Writer's Compass that feels GOOD and EXCITING, not overwhelming.

This might mean cutting way down to account for the season of the life you're in now. (for example, if you're about to be postpartum, honor your cuarentena (postpartum period) and make some guilt-free space for that!).

*You can both stretch **and** set yourself up for success.*

CONGRATULATIONS!

You've Planned Your Work; Now Go Work Your Plan!

And remember, it's YOUR plan!

Check in with it regularly and tweak, update, & revise as needed.

Finally, I hope this challenge's materials help you to:

***(1) track your progress with metrics
that resonate with YOUR definition(s) of success***

&

(2) make steady progress towards the goals that matter most TO YOU!