

I N D I E

with ease



Self-reflection  
Workbook

Pauline Wiles





INDIE with ease  
Self-reflection Workbook

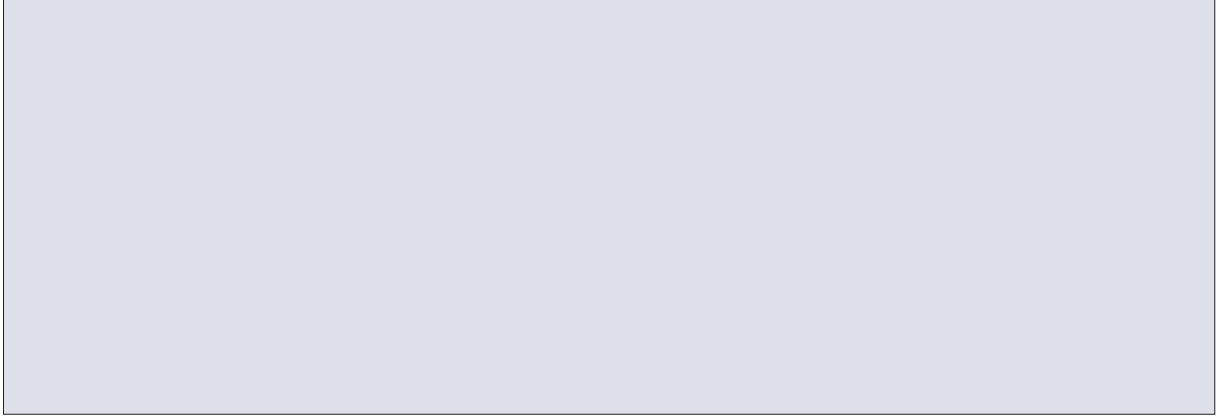
It's my pleasure to offer this free workbook to accompany *Indie With Ease*. I hope you enjoy working through the questions here and that they bring useful additional insight into your journey as an indie author.

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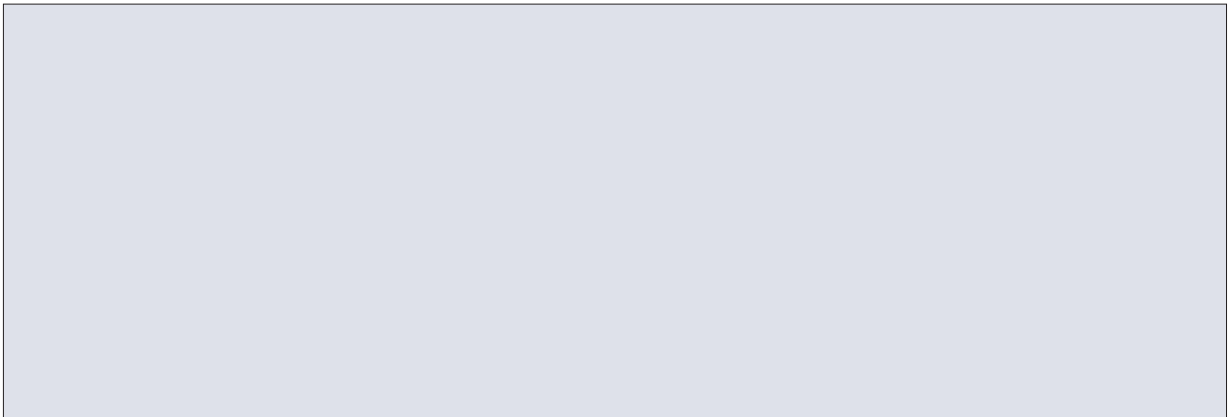
[www.paulinewiles.com](http://www.paulinewiles.com)

# Chapter 1

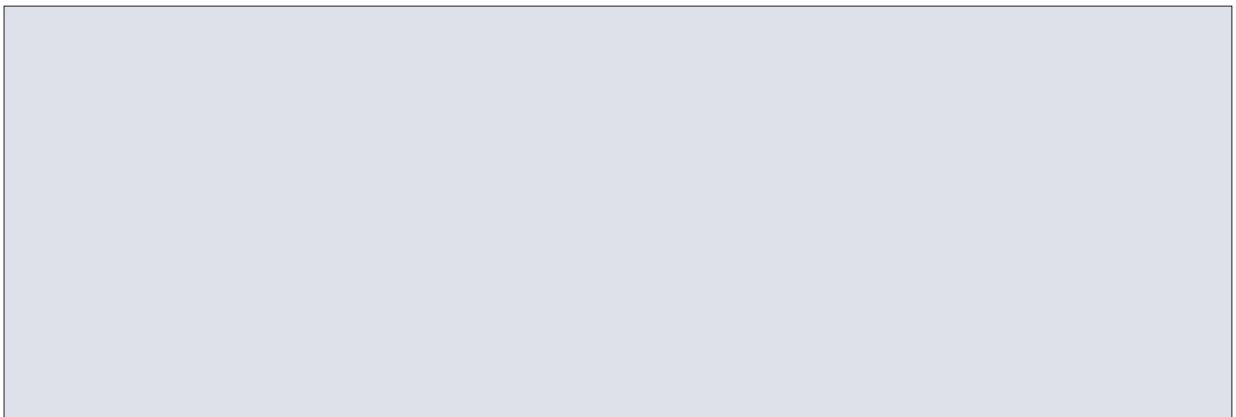
1. What have you learned about yourself from the topics and personality types discussed in this chapter?



2. What surprises did you encounter when considering your own character nuances?



3. How will you change your writing habits as a result?



# Chapter 2

1. What resources did you identify which will help your author aspirations? List them here:

Time: .....

Skills: .....

Body of Work: .....

Support: .....

Money: .....

2. In which areas do you suspect resources are a little lacking? Note these and move on.

3. Which relationships could you invest time in now, so that you feel more comfortable asking for support in the future? For example:

Family: .....

Friends: .....

Other writers: .....



# Chapter 3

1. What did you note as the top 3 achievements which are important to you as an author?

First: .....

Second: .....

Third: .....

2. What's your comfort level with deciding to pursue the independent publishing path? Do you need to question any of your former beliefs or assumptions in order to feel more committed to this choice?

3. What is your financial goal for your first, or next, book?

# Chapter 4

1. Have you tried the “time blocking” or “three things” approach to task management? Which one resonates more with you, and what did you learn from your first attempts?

2. Take a look at the current to-dos on your list or in your head. Which of these are completers, and which could be classed as repeaters?

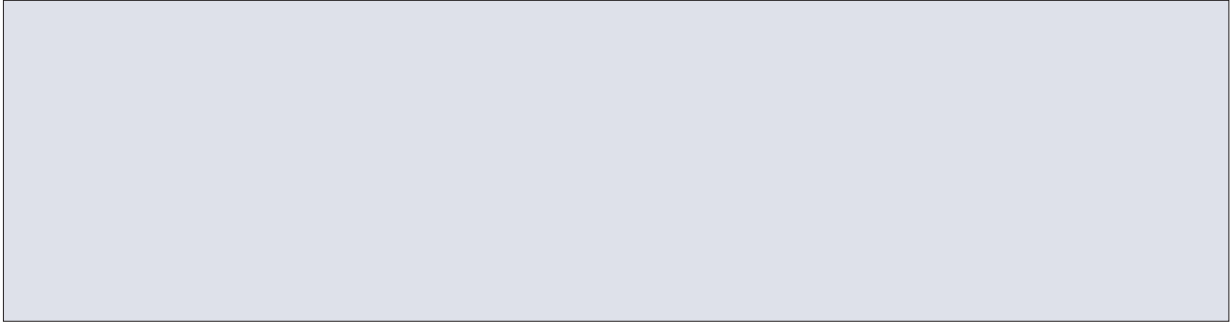
Repeaters:

Completers:

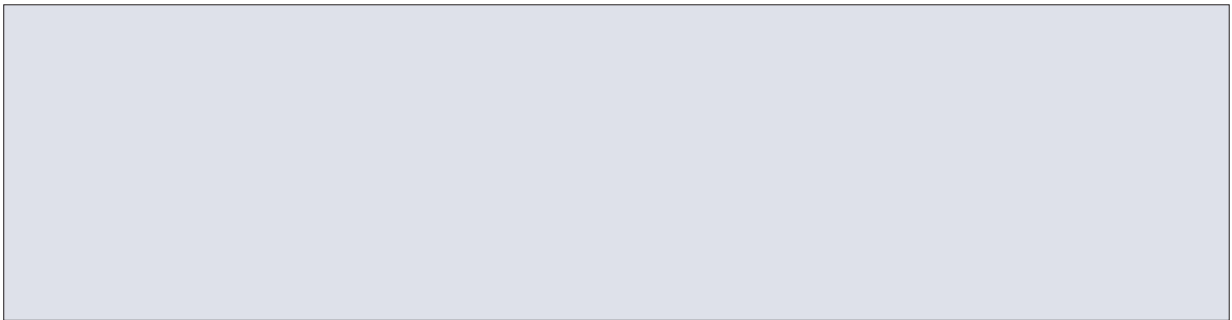
3. Did you identify any “task darlings” you plan to kill? Does a Flying Wish Paper ceremony appeal to you?

# Chapter 5

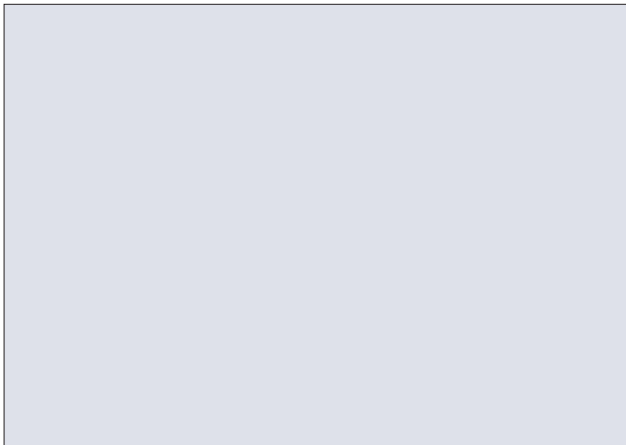
1. What's your reasonable writing pace? Allowing for contingencies, how long, at this pace, will it take you to complete a draft? What small rewards will you give yourself along the way?



2. What are your current writing habits and rituals? Could you add any regular behaviors to your writing routine which would be helpful?



3. What tasks do you regularly engage in which might count as "busy" work, rather than moving you toward your goals?



The one piece of "busy" work  
where I aim to catch myself is:

.....

.....



# Chapter 6

1. What are your current reading habits? What mix of books in your own genre and outside do you tend to read? Do you need to add any classic writing books to your mix, or have you consumed enough for now?

2. Have you explored options for joining a writing group, either in person or online? If you've tried a group, in which ways did it work well—and not so well—for you? If you haven't tried a group, what key things would you be looking to get out of it?

3. What webinars and conferences can you find which you'd be interested in attending, if not soon, then in the future? Start to gather a list of possible learning events which might match your time, budget and needs.

Date:

Location:

Event:

.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

# Chapter 7

1. Identify an author whose work you've recently enjoyed, who is not yet a household name. How could you reach out?

2. Google "indie author" plus your genre, and see which new writers you discover. What can you learn from their online presence?

3. Track down the last five books you've enjoyed. Did you leave online reviews?

Reviewed:		Title:
	<input checked="" type="checkbox"/>	.....
	<input type="checkbox"/>	.....
	<input type="checkbox"/>	.....
	<input type="checkbox"/>	.....
	<input type="checkbox"/>	.....
	<input type="checkbox"/>	.....

4. What help would you most like to receive from other authors?

And how are you presently best-placed to help them?

# Chapter 8

1. How are you currently capturing your ideas? Do you need to add any new methods for ease and convenience?



2. Can you identify one or two new self-care habits to adopt? Find a printable self-care tracker in the bonus downloads.

1. ....

2. ....



# Chapter 9

1. Where are there some small pockets of your time in your life which you could apply toward writing?

2. Can you identify one novel, nonfiction book or podcast you'd like to listen to, and the best part of your day to do so?

3. Do you need to have, or revisit, any conversations with family and friends about the boundaries you desire in order to write?

4. What did you do today with your highest and lowest energy moments?

What might you change about the type of tasks you undertake at different times?

# Chapter 10

1. What types of checklists would you find helpful in your author activities? Start making them now.

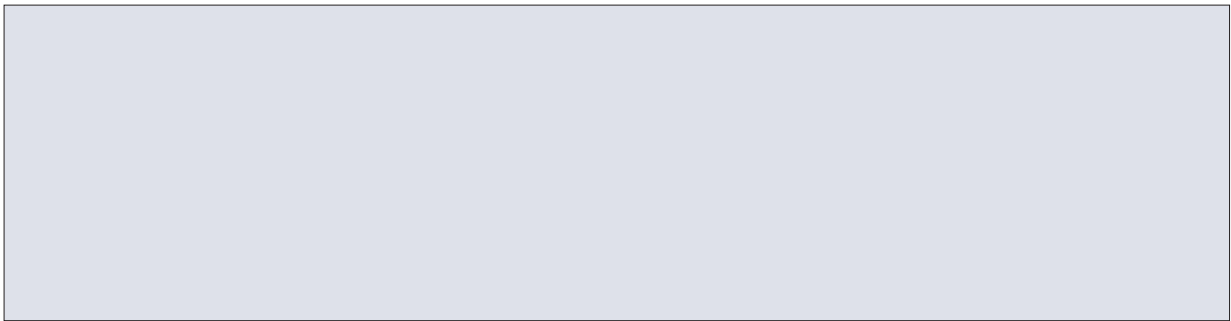
1. ....

2. ....

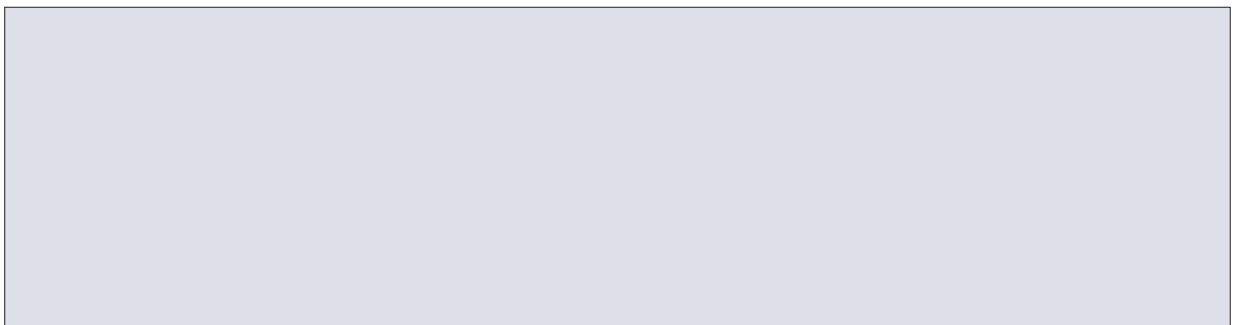
3. ....

4. ....

2. Next time you view your email inbox, how many messages can you find which would be candidates for unsubscribing? Take particular aim at anything you delete without reading.



3. Have you ever taken an Airplane Day, or unplugged from the internet for a while? How did it feel? Would you benefit from scheduling this more regularly?



# Chapter 11

1. Have you done the best possible job you can of writing and self-editing your book?

2. Have you recruited the right beta readers, who will give you honest, kind and actionable feedback? And have you allowed sufficient time to truly consider, then implement, their recommendations?

3. Have you invested in minimum professional services to be courteous to your readers and represent the indie author movement well?

Proofreading

.....

Formatting

.....

Cover design

.....

.....

.....

4. Is it important to you to publish an ebook, paperback, or both?

Why?

Ebook

Paperback



# Chapter 12

1. Do you have the four minimum pillars of marketing in place? If not, plan your actions.

*Action needed:*

Website

.....

Email list

.....

One social media

.....

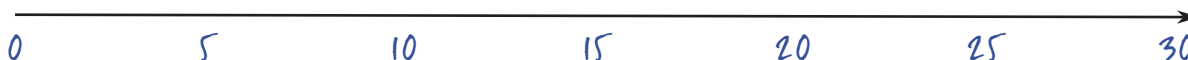
Author tribe

.....

2. What kinds of book promotion have you already tried? Did you achieve a positive Return on Investment, fresh reader engagement, or some other benefit? Make note of those you feel were effective and/or enjoyable, for future use.

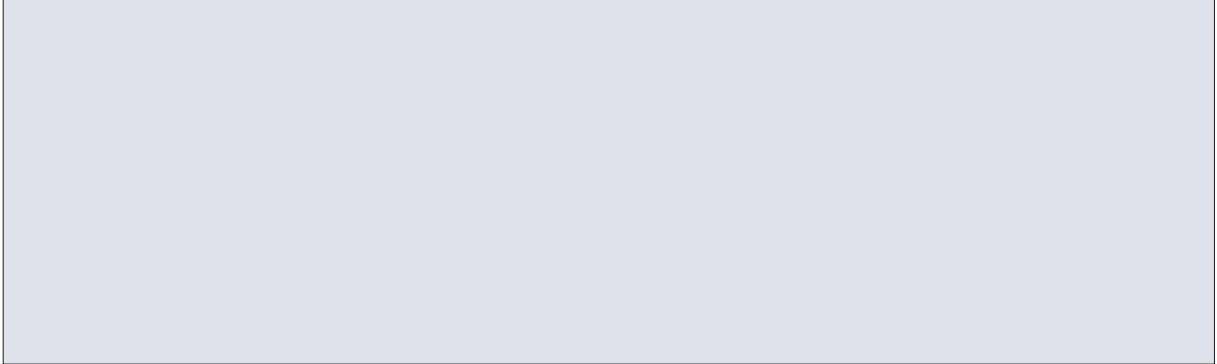
3. What achievements did you list as most important in Chapter 3? Pick one which feels realistic for you at the current stage of your career. How could you make that happen?

4. Have you contacted at least 30 book bloggers to ask them to review your book? If not, start to make a list of appropriate blogs to reach out to.

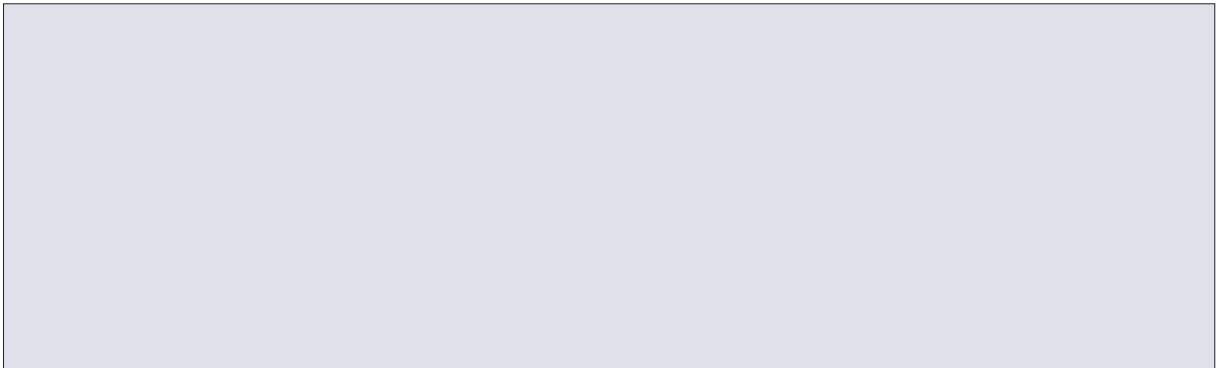


# Chapter 13

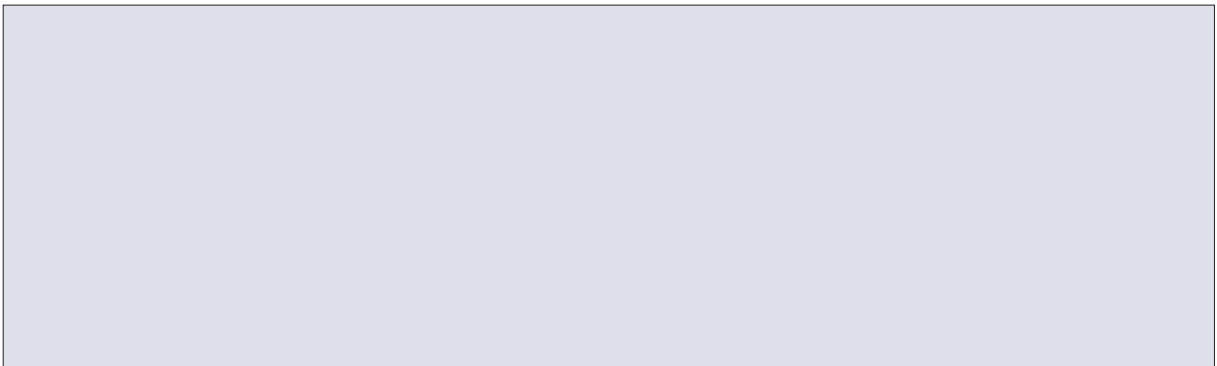
1. If you've already set a date for your first or next book publication, how would it feel to give yourself a few extra weeks?



2. Where in your author business have you recently spent money which did not bring a worthwhile return?

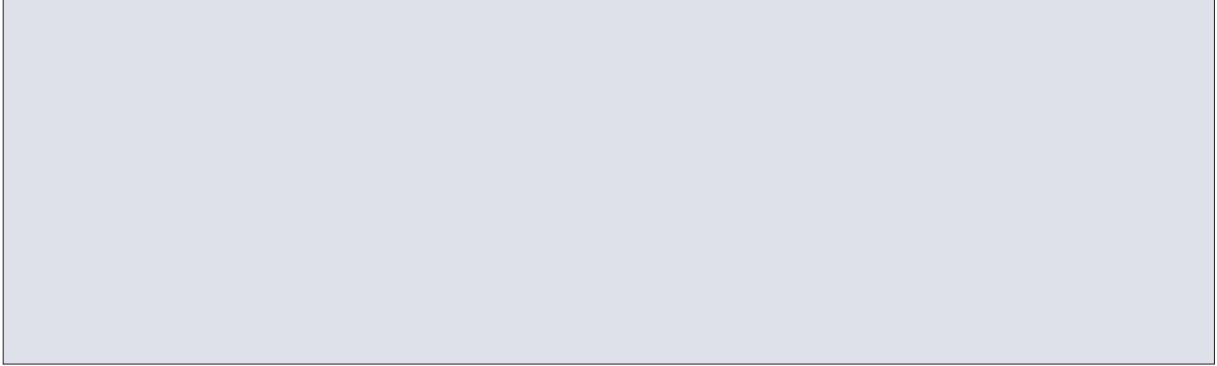


3. Can you identify at least one activity which is currently taking your time, which you could reduce or eliminate?



# Chapter 14

1. Have you felt anxiety around any of the topics mentioned in this chapter?



2. Are there any aspects you now feel you can add to your list of “Things I Won’t Worry About”? If there are, write them down and keep your list somewhere you’ll see it often.

1. ....

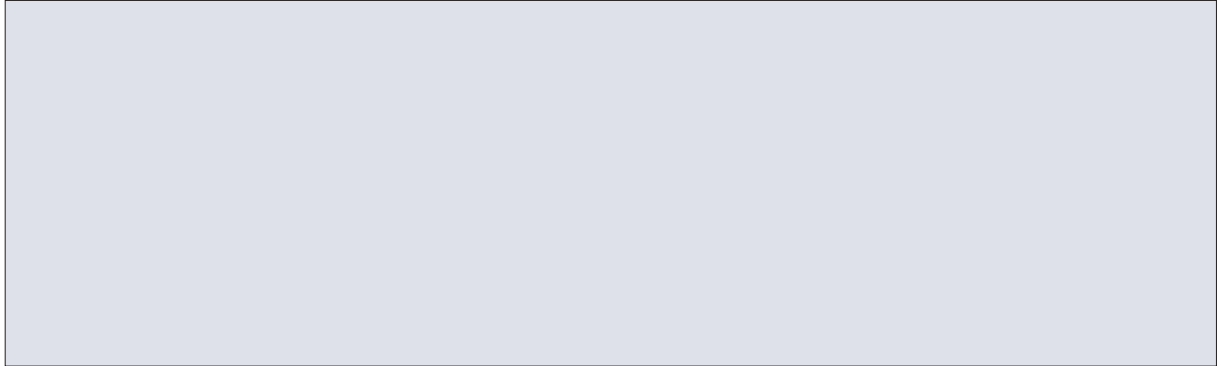
2. ....

3. ....

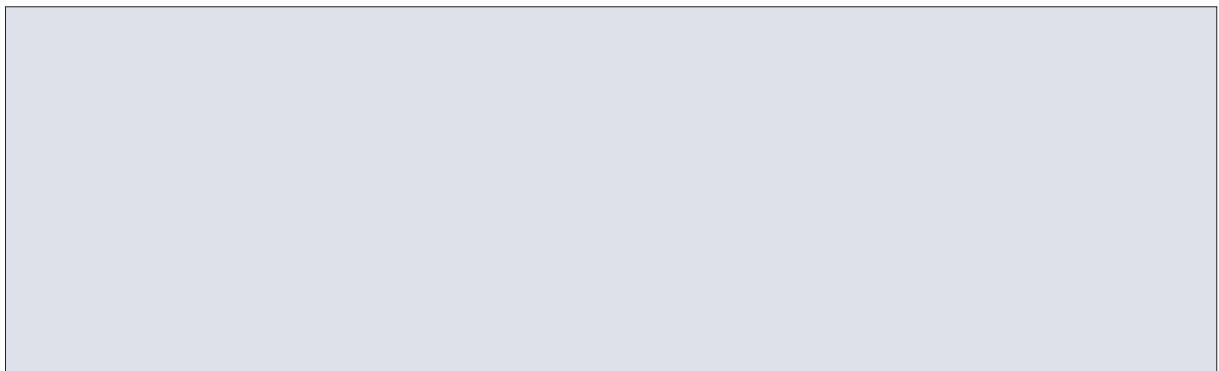
4. ....

# Chapter 15

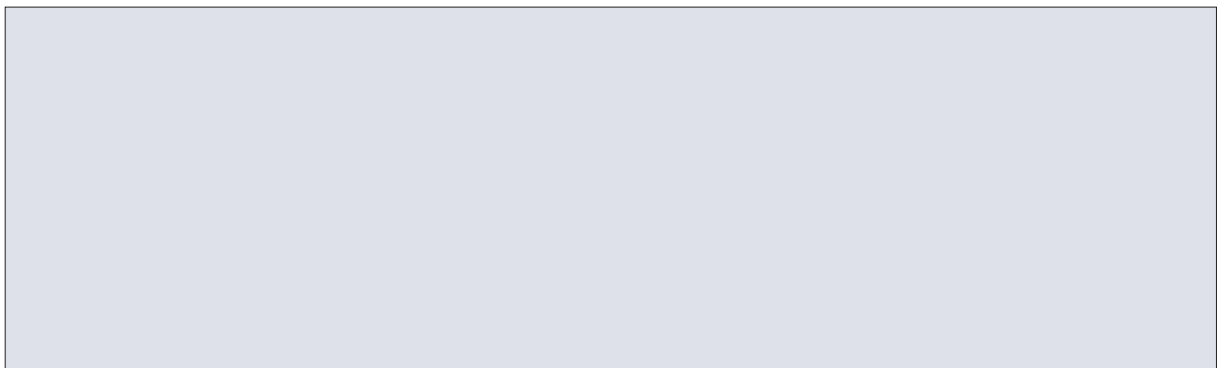
1. What format will you choose for your Happy File? Can you think of five small successes to add to it? Start your file today.



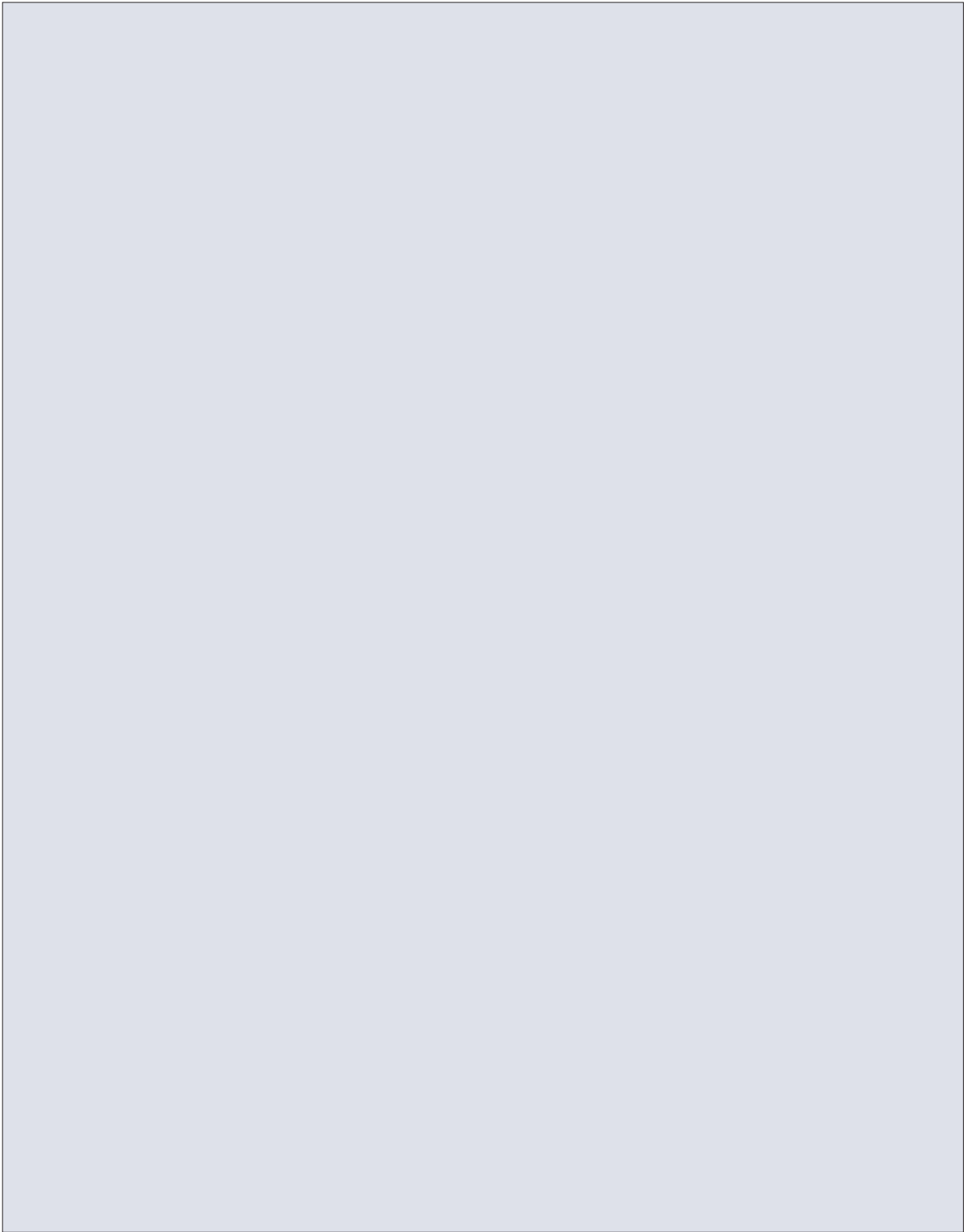
2. Are you making good use of your support network? Is there someone you could reach out to this week?



3. Which parts of the writing process do you love, and how could you spend a little more time on these?



# Notes



I would love to hear your insights from working through these questions, and where you feel your author journey will take you next.

Contact me: [web@paulinewiles.com](mailto:web@paulinewiles.com)

And if you have not yet left an online review of *Indie With Ease*, this would be the ideal time to do so!



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