

# HOW TO GET STARTED WRITING YOUR 1ST NON- FICTION BOOK

## *Quick Checklist* ✓

Sharing Your Experiences Can Heal  
and Help Others. Don't Hold Back!

**WRITE DOWN YOUR EXPERIENCES.**

**WHICH LIFE EXPERIENCE WOULD BE  
MOST HELPFUL FOR OTHERS TO READ?**

**THINK ABOUT A THOUGHT-PROVOKING  
TITLE.**

**SET ASIDE DEDICATED TIME TO WRITE  
EACH DAY (I.E. START WITH 30 MINUTES).**

**BRAINSTORM CHAPTER TITLES AS YOU  
WRITE.**

**SET A DEADLINE TO COMPLETE  
YOUR 1ST DRAFT. NO LONGER THAN  
THREE MONTHS.**

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**TAKE A QUICK PAUSE AFTER 1ST DRAFT  
(NO MORE THAN A WEEK), THAN  
CONTINUE EDITING YOUR DRAFT.**

**IF YOU ARE PLEASED WITH DRAFT,  
HAVE SOMEONE YOU TRUST READ IT.**

**MAKE SURE YOU HAVE THAT PERSON SIGN A  
NON-DISCLOSURE TO ENSURE THEY WON'T  
SHARE YOUR UNPUBLISHED WORK.**

**REVIEW YOUR BOOK AGAIN, NOW  
CHECK FOR CLARITY, CONTINUITY,  
GRAMMAR, AND SPELLING.**

**HIRE SOMEONE TO CREATE YOUR  
FRONT AND BACK COVER.**

**RESEARCH PUBLISHING COMPANY WHO  
CAN ASSIST YOU IN COMPLETING YOUR  
BOOK.**