

Conjuring Clarity – Your Mindset Worksheet

The way we view the world influences what we can accomplish.

Use this worksheet to determine your current mindset about writing a book. **Be honest.**

Print this form and mark the box that reflects your **true** beliefs rather than what you think you “should” believe. (*Should* is such a dirty word, by the way. Please don’t use it! Especially not toward yourself.) ♥

1	2	3	4
I don't have what it takes to write a book.			What do I have to offer the world that it doesn't already have?
I don't know how to write a book, and learning how seems impossible.			What do I need to learn about writing a book?
I've never been a good writer.			What can I learn about writing?
I don't have the time to write a book.			What can I change in my habits and schedule that will allow me to write a book?
I don't take critique well.			How can I use constructive feedback on my book to make it even better?
Challenges and obstacles make me feel like a failure.			How can challenges and obstacles make me want to learn more and strive to do better?
The world doesn't need another book because all the good ideas have already been taken.			How will my unique voice, story, or idea add to the rich abundance of books in the world?

I don't want to share my idea because someone might steal it.			How can viewing writing as a collaborative process help me finish my book?
I'm waiting for the right time to write my book.			Why have I been depriving the world of my unique knowledge, expertise, and view of the world?
I can't imagine a publisher accepting my book.			What do I need to learn about the world of publishing?

Scoring

8-10 points

You're operating with an abundance mindset. Congratulations. You're ready to start your book!

4-7 points

You're well on your way to approaching your writing with an abundance mindset. That's great! Consider the few answers to which you responded with a 1 or 2, and carefully consider the questions in the corresponding right-hand column. Do some freewriting around them. You can do this!

1-3 points

You're operating from a scarcity mindset, but all is not lost! You are in control of your mind and your thought processes, and you can shift your thinking to not only start your book but to also finish it. Consider the few answers to which you responded with a 1 or 2, and carefully consider the questions in the corresponding right-hand column. Do some freewriting around them. See what learn about yourself!

Wherever you find yourself on this grid, remember... you're magic.

