

# BOOK PLANNING WORKSHEET



## WELCOME TO COACHING

Name Marlene Trimuel

Deborah Anthony & Kara May / Literary Coaches

For the next six months this course will focus heavily on Literary Coaching. This portion of the course will be extremely challenging, but the challenge is necessary to publish a well-written book! The goal of literary coaching is to:

- Expand your ideas
- Overcoming writer's block
- Help you find your voice

We only ask that you work as hard for yourself as our team will work for you!

PROPOSED TOPIC: What is your book about? What story can only you tell? (In 5 words or less)

Finding Peace in grief and recovery.

PROPOSED BOOK GENRE: What is your category?

- Non-fiction
- Fiction

PROPOSED AUDIENCE: Who are your intended readers?

- Children; Ages \_\_\_\_\_
- A specific population of adults Women ages 35-65
- A certain interest group \_\_\_\_\_
- Students or an academic group \_\_\_\_\_
- Other \_\_\_\_\_

WHAT IS THE PURPOSE OF YOUR BOOK? Finish this statement:

The purpose of this book is to ...

Share my personal journey of how I discovered the Healing Empowerment Resources to heal the Woman in the Mirror. I discovered H.E.R. when I lost both my brother and father 8 months apart in 2018 and recently my mom in 2021, all while fighting my personal fight and recovery from brain surgery. I want to share what I did daily to stay centered in peace, and how my inner voice and meditating empowered me daily to hear God's voice for clarity to rediscover my purpose during my storm. The Healing Empowerment Resources is what allowed me to discover peace during my storm.

**HOW IS THIS PROJECT DIFFERENT FROM OTHER BOOKS LIKE IT ON THE MARKET?** If you have never researched other books like yours on the market, don't make something up here; do the research!

My book is different because it will...

Teach Women and Young Girls how my healing empowerment resources will allow you to trust your inner voice to guide you through healing from grief, trauma, toxic relationships and how during your healing you can empower the Woman in the Mirror to re-discover, re-commit, and re-align to manifest God's purpose.

# BOOK PLANNING WORKSHEET



WHAT ARE SOME THEMES THE READER MIGHT ENCOUNTER WHILE READING YOUR BOOK?	THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?		
My inner voice is the Holy Spirit guiding me.	Yes <input checked="" type="checkbox"/>	Not Sure <input type="checkbox"/>	No <input type="checkbox"/>
Meditating daily allows me to Hear from God and gives me Clarity	Yes <input checked="" type="checkbox"/>	Not Sure <input type="checkbox"/>	No <input type="checkbox"/>
I need to reconnect with H.E.R. (The Woman in the Mirror)	Yes <input checked="" type="checkbox"/>	Not Sure <input type="checkbox"/>	No <input type="checkbox"/>
I choose my peace daily	Yes <input checked="" type="checkbox"/>	Not Sure <input type="checkbox"/>	No <input type="checkbox"/>
I know who I AM	Yes <input checked="" type="checkbox"/>	Not Sure <input type="checkbox"/>	No <input type="checkbox"/>
	Yes <input type="checkbox"/>	Not Sure <input type="checkbox"/>	No <input type="checkbox"/>

EXPANDED TOPIC: Write a 20-word or less summary of what your book is about below. **STICK** to 20 words or less. *If you cannot summarize your book in the words allowed, your focus is likely not narrow enough.*

I will use the World S.E.L.F to illustrate how you center the Woman in the Mirror (H.E.R) in peace, so you can have clarity to hear from God daily.

**NEXT TASK:** Use the space below to create a table of contents. The goal of this exercise is to get your ideas and topics flowing. It is important to note that these titles may change as you write your book, so they don't have to be perfect, just try to get your ideas on paper. Also remember, not all books have 10 chapters, so don't stress to fill up ALL the lines, use only as much as needed. However, if you need MORE space, feel free to add an additional sheet.

Chapter # SEEK HER-Rescue the Woman in the Mir Chapter # \_\_\_\_\_  
 Chapter # EMPOWER HER-Destined for Greatness Chapter # \_\_\_\_\_  
 Chapter # LOVE HER-Thrive in Your Fullness Chapter # \_\_\_\_\_  
 Chapter # FREE HER-Unleash Your Inner Light Chapter # \_\_\_\_\_  
 Chapter # \_\_\_\_\_ Chapter # \_\_\_\_\_

NOTES, IDEAS, USE AND THIS SECTION TO BRAINSTORM. DON'T FEEL CONFINED, USE ADDITIONAL PAPER IF NECESSARY.

THOUGHTS:

I want the book to be interactive with questions so the reader can reflect.

**MAJOR CHALLENGE:** Now that you've walked through your table of contents and done a bit of brainstorming, take a stab at creating an outline. It is important to note that the more detailed your outline the easier it will be to write your book, so be sure to include as many points as possible. But don't stress, the goal of this assignment is to give your coaches an understanding of the direction you want your manuscript to go. I've attached two different sample outlines that may help to get you started.

**Submit your outline in EDMODO in the SAME ASSIGNMENT LINK but as a separate document.**



## Title

Dear God, Send H.E.R Peace

---

### Introduction Prayer to God about the Broken Woman in the Mirror

---

#### A. Capture reader's interest Why God Made Me Broken for His Purpose

---

- Short Story of the events that led up to the Brain Aneurysm to Include:
  - How after my Mom's Death, I did not recognize the Woman in the Mirror?
  - Discovering Why God Made Me Broke on Purpose  
Broke: to become destitute of money or possessions.
- Discovered Why God Made Me Broken for His Purpose
  - **Broken: suffering emotional pain that is so strong that it changes the way you live, usually as a result of an unpleasant event**
    -
  - The Moment I Surrendered My Control
    - Crying out: "Dear God, Send H.E.R. Peace
  - Operating on Auto Pilot
    - Faith In Action Syndrome:
      - I Got This. I can manage my issues
  - Becoming detached from Myself
    - Showing Up for Everyone else, except for the Woman in the Mirror
    - I unconsciously left HER behind to become the Captain of my Life
  - Arrested Development

#### B. Build case through logic: How my brain aneurysm forced me to focus on S.E.L.F., while grieving and recovering from brain surgery and being a caregiver for my brother, father & mother

---

- Talking Points
  - Learning how to Cast My Cares on God, without interfering
  - Accepting Final Stages of Death as a Caregiver
    - Showing Up While Grieving
    - Living While Grieving
    - Working While Grieving
  - Guilt of Self-Care
    - The cost of sacrificing my health

#### C. Topic sentence/thesis statement TO SAVE MY LIFE, I HAD TO BECOME SELFISH

---

- TRUSTING GOD IN SPITE OF MY DIAGNOSIS
  - BECOMING INTENTIONAL ON PURPOSE
  - CONFRONTING MY TRUTH
  - REUNITING WITH THE WOMAN IN THE MIRROR
    - REDISCOVERING HER



- RESPECTING HER
- RECOMMITTING TO FINDING PEACE IN MY STORM

**First main point (strongest) THE HEALING EMPOWERMENT RESOURCES**

A. Support WHAT ARE THE HEALING EMPOWERMENT RESOURCES

1. Example 5 SPIRITUAL FRUITS THAT I NEEDED/NEGLECTED FOR HEALING

2. Example HOW MY FAITH ALONE WASN'T ENOUGH

B. Support SLAY THE MORNING: HOW I LEARNED HOW TO CENTER MYSELF IN PEACE

1. Example DAILY DETOX THE MIND/BODY/SPIRIT

2. Example DAILY REMOVAL OF PEOPLE, THE INNER CRITIC & LIMITING BELIEFS

C. Support HOW I RECEIVE MY DAILY HEALING EMPOWERMENT RESOURCES

1. Example FAITH ON AUTO PILOT

2. Example REDISCOVER/MEDITATE TO LEARN ABOUT HER

**Second main point (second strongest) SEEK HER; RESCUE THE WOMAN IN THE MIRROR**

A. Support WHO IS THE WOMAN IN THE MIRROR

1. Example TAP WITHIN THROUGH PRAYER/MEDITATION

2. Example ASK GOD TO GUIDE YOU TO RECONNECT TO HER

B. Support WHAT HAPPENED?

1. Example WHEN DID I LOSE HER?

2. Example WHY DID I LEAVE HER?

C. Support: WHAT'S INSIDE OF YOU

1. Example: REMOVE THE THINGS DAILY THAT INTERFERE WITH YOUR PEACE

2. Example \_\_\_\_\_



**Third main point** EMPOWER HER-YOU ARE DESTINED FOR GREATNESS

A. Support GET UP & FIGHT DAILY

1. Example ASSESS HOW YOU FEEL BEFORE GETTING OUT THE BED

2. Example TRAIN YOUR MIND TO REMOVE ANY NEGATIVE THOUGHTS

B. Support ENVISION YOURSELF

1. Example RECONNECT DAILY WITH THE WOMAN IN THE MIRROR

2. Example AFFIRM HOW YOU WILL FEEL DAILY

C. Support \_\_\_\_\_

1. Example \_\_\_\_\_

2. Example \_\_\_\_\_

**Fourth main point** LOVE HER-THRIVE IN YOUR FULLNESS

A. Support RELEASE THE HURT AND SOAR HIGH

3. Example CENTER IN PEACE TO ATTRACT LOVE

4. Example PEACE WILL ATTRACT LOVE, JOY, FATH, & HOPE

B. Support RELATIONSHIPS

5. Example SPIRITUAL FIRST

6. Example SELF LOVE & LOVING OTHERS

C. Support \_\_\_\_\_

7. Example \_\_\_\_\_

8. Example \_\_\_\_\_

**Fifth main point** FREE HER-UNLEASH YOUR INNER LIGHT

A. Support FORGIVE HER SO HER INNER LIGHT WILL SHINE

9. Example LET YOUR LIGHT SHINE, SO MAN WILL GLORIFY GOD

10. Example \_\_\_\_\_

B. Support \_\_\_\_\_



11. Example \_\_\_\_\_

12. Example \_\_\_\_\_

C. Support \_\_\_\_\_

13. Example \_\_\_\_\_

14. Example \_\_\_\_\_

**Conclusion Operating as One with Focus on Spiritual Self-Care**

---

A. Restate topic: God sent me the Healing Empowerment Resources to Heal the Woman in the Mirror

B. Summarize Four main points

- SEEK HER
- EMPOWER HER
- LOVE HER
- FREE HER

C. Revisit introduction or tie all ideas together \_\_\_\_\_

## Prewriting Web: Basic Idea Web

