

# DIY Book, Episode 00 Introduction



## Exercise 1: Here There Be Monsters

1) What are your reasons for not having written a book yet?

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2) Do you *really* want to write a book?

Yes - You want to delve into your imagination and produce a finished work as a result.

No - It's just something you thought you should do. Hey, you're free! Complete this idea and go live your life!

3) Are you willing to surrender your reasons, follow the plan, and get the result?

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4) Would you still do it if it was never going to make you rich or famous, and was never going to be a bestseller?

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5) Commit yourself here and now to doing and having this (and notice how that makes you feel — all resistance is meaningful).

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