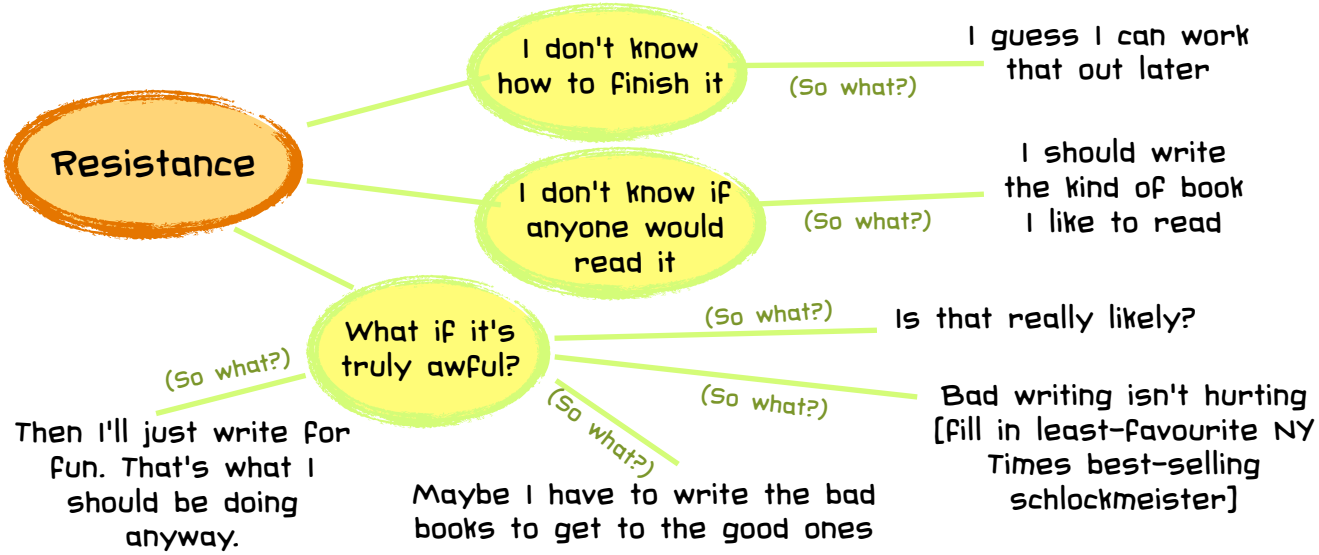
DIY Book, Episode 02
Snapshots, Archetypes, Themes, & Gumption

Exercise 1: Taking Names

1) When you think about starting this story, what resistance do you encounter in your mind? Write down some of these irrational fears and legitimate obstacles; this will get them out of the shadowy places in your head and put them out in the light where you can deal with them.

2) One by one, dismantle the bits of resistance you've uncovered. Here are some common themes to get you started:

- Worried about others' reactions? Ask yourself if maybe you could actually survive *total rejection.* (As my mum says, "They can't take away your birthday.")
- Don't have enough time? We'll get to scheduling later, but for now, could you imagine dedicating an hour or two twice a week to your book? (Bet you already spend this much time on stuff you don't care about as much!)
- Down on yourself for not finishing projects in the past? What if that doesn't mean anything about what you're capable of in the future?

Try mind-mapping, scribbling down everything that occurs to you, then asking "So what?" to take away the shock the worry has when it's unarticulated.