

Booksmith Academy

MASTERING THE MINDSET AND HABITS OF SUCCESSFUL NON-FICTION AUTHORS



BECOME A SUCCESSFUL NON-FICTION AUTHOR USING
THESE PROVEN STRATEGIES AND TECHNIQUES TO
SUPPORT YOU EVERY STEP OF THE WAY.

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WELCOME

AT BOOKSMITH ACADEMY, WE BELIEVE IN THE POWER OF LITERATURE TO INSPIRE, EDUCATE, AND TRANSFORM LIVES.

Whether you're a seasoned writer looking to refine your craft, an aspiring author seeking guidance and support, or simply a book enthusiast in search of captivating stories and literary discussions, Booksmith Academy is here to fuel your love for all things literary.

Our mission is to provide a platform where creativity thrives, ideas flourish, and imaginations soar. Through our comprehensive range of resources, courses, workshops, and community engagement, we aim to empower and nurture writers at every stage of their journey, helping them bring their stories to life with confidence and skill.

YOUR COACHES



JEN MOORE
Writing Coach

Jen the publishing professional was established in 2004 when she took up her first post as copy editor at an education publisher after graduating with a degree in language and linguistics. For several more years she embraced the heady heights of senior editorship at an international publishing house.

While writing for other people is now Jen's thing, she still runs her copy-editing business alongside, unable to resist keeping those pesky apostrophes in check. So her writing clients get all the benefits of having an eagle-eyed member of the grammar geeks on their side.



@hairycowcopywriting



KATE BEDDOW
Writing Coach

Kate Beddow is a writing coach and wellbeing specialist who has a strong foundation in mindfulness, energy healing, meditation, and journal therapy. With a background as a teacher, Kate has always found joy in sharing her wisdom, which has led her to explore various roles.

However, her deep-seated love for words and writing has remained constant. In recent years, she has been able to manifest her dream by merging her passions as a writing coach and journal therapist, creating a truly fulfilling and harmonious path.



@katebeddow

A S M A L L N O T E

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BOOKSMITH ACADEMY

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INTRODUCTION

If you are a new writer, you might still believe that the most important thing you can do is write. This may be true to an extent, as obviously, without writing, you are not a writer. However, if you don't master your mindset and form the right habits, you will never get around to writing. It will seem too daunting, or you will always have something else to do, or you may even struggle with blank page syndrome.

Getting these foundations right can make or break your writing.

In this ebook we are going to give you strategies and techniques to ensure you are building your writing on a solid foundation that will enable you to grow and grow as a writer, without any risk of falling or sinking.

Are you ready to create your author mindset and habit blueprint, and take your writing to new levels?

Let's get started then!





DEVELOPING A WRITER'S MINDSET

Perhaps the biggest challenge you face as a writer is learning to ignore the voice of doubt that lives within all writers. If you manage to silence that voice, even temporarily, move through those inevitable moments of imposter syndrome and actually write something, you have done more than many writers.

Self-doubt is a huge issue for all creative people. We have never come across an author who didn't struggle with imposter syndrome. Even the greats struggle to understand what anyone sees in their books. The key is to find ways to get through these challenges and just write.

John Steinbeck kept a journal while writing *The Grapes of Wrath*. He kept returning to how, "I'm not a writer. I've been fooling myself and other people."

Did you know there are 5 types of imposter syndrome? (the Perfectionist, the Superhuman, the Expert, the Natural Genius, and the Soloist). Once you have identified which of these is your biggest challenge, it often makes it easier to move through this state of mind. I bet you have a good idea of your personal challenge just from those titles, look into it though, it's fascinating.

"In the fixed mindset, everything is about outcome. If you fail or if you're not the best, it's all been wasted. The growth mindset allows people to value what they're doing regardless of the outcome."

Carol S. Dweck, *Mindset: The New Psychology of Success*

BUILDING EFFECTIVE WRITER HABITS

Creating effective habits withi,n your writing might be the most important action you take on your author journey. In order to create and establish a writing routine there are a few questions you need to ask yourself.

- What times of day can I commit to writing regularly?
- When am I most productive/creative?
- Where do I find writing easiest?

Once you have answered these questions you can begin to create a regular writing habit and that is when the magic really happens.

When we teach our body what to expect and when, it repays us by being ready for that activity. So when it knows that we get up and we write for an hour, we will wake up and, most days, be ready to write.

The more regular you can make your writing habit, the more productive you will be.





NURTURING YOUR CREATIVE WELLBEING

You might be wondering why we are talking so much about wellbeing when this book is about writing. We have seen so many writers neglect their physical and mental wellness and pay the price on their writing adventure.

Ultimately, it takes a lot of mental strain to write regularly, particularly if you are writing about something you are really passionate about, or about your own life.

It can also take its toll physically. You may be sitting at a desk for hours at a time. Ensuring that you care for your physical self - take regular breaks, move, hydrate, eat well etc - will make a huge difference to the quality of your writing.

Julia Cameron talks about Artist Dates in her book *The Artist's Way*, when you take yourself to somewhere that inspires you. Visiting somewhere which is relevant to your writing project will help you stay inspired and motivated. Time away from your writing isn't wasted time; it is time to process and be inspired.

ACCOUNTABILITY AND SUPPORT

Writing can be a solitary activity for many authors. Some writers love this solitude, but most benefit from a sense of community and some accountability from fellow creatives.

Having a community to turn to when you are struggling, or when motivation is lacking, can make all the difference. Having a group of writers who will cheer you on, answer your “silly” questions and support you no matter what is vital.

The only people who understand the challenges a writer faces are other writers. Getting a writing coach, mentor or joining an accountability group can be a game changer.

If you are looking for regular online writing accountability, why not join [The Writer's Forge](#)?



ACTIVITIES AND EXERCISES

Journal prompts to support your author mindset:

- My biggest strength as an author is...
- Three years from now I will be...
- As an author I am...

Remember, journaling is a powerful way to spark inspiration and also to help you process difficult emotions that may arise as you write. There are countless journal prompts available online or why not download our [100 Journal Prompts for Writers ebook](#).

Limiting Beliefs Inventory

1. List your top three fears about writing or publishing.
2. For each fear, write:
 - The evidence supporting this fear
 - The evidence contradicting this fear
 - A reframed, empowered belief to replace it.

Create your perfect writing routine

- Best time of day for writing
- Best place to write
- Pre-writing routine
- Post-writing reflection

A hand in a tan sweater sleeve is writing in a spiral-bound notebook with a black pen. The notebook is open to a blank page. To the left, a portion of a silver laptop keyboard is visible. The background is a light gray surface. The quote is overlaid in white serif font.

"THERE IS NO
GREATER AGONY
THAN BEARING
AN UNTOLD STORY
INSIDE YOU."

Maya Angelou

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