

A Fresh Page in 2009: Questions for Reflection

February 3, 2009

By Stephanie Gunning, "The Publishing Insider"

"Are you ready to have an outrageously productive year as a writer, editor, and consultant?" That's the basic question I was asking myself this past month in a dozen different ways. I have been taking stock of 2008—the highs and the lows—daydreaming, and listening to my heart to find out where I want to be led in future. Now, I am setting plans on paper for my activities throughout 2009 and beyond. It's an entirely productive reflective process.

I recommend spending a period of time in reflection before writing any book for the clarity it brings, so that you can move forward decisively. This doesn't have to be a one-time event at New Year's. Schedule thought time into your calendar at regular intervals. That's hot to tap the amazing potential for abstract thought in your frontal lobe.

You are responsible for your life and for the unfolding manifestation of your creative projects. Your creative potential and your business potential as a published writer are in your hands. Use the following questions as prompts for quiet self-reflection on your writing career.

Questions for Reflection on Your Writing Career (Both your creative process and your business practices)

- What holds me back?
- Is there something I wanted to do in 2008 that I never got around to doing?
- What would I like to leave behind?
- Is there something new that I would like to attempt?
- What do I need to learn in order to succeed?
- What kind of help do I need to realize my dreams?
- Which of my past efforts were obviously successful?
- Which efforts were obvious failures?
- Which of my actions (or comments) brought me intangible results and benefits?
- Which of my actions (or comments) sabotaged me?
- Who are my friends and supporters?

- Who are my critics? Are they "friendly" and do I grow and learn from them or are they mean-spirited saboteurs?
- Are my fears real?
- If I had all the money, the love/good will, the fame, and the time in the world, what would I choose to write about?
- If I could have three wishes come true in 2009 for my life and my creative career, what would they be?
- Why do I write?
- What do I love about being a writer?
- How do my words influence people?
- From where does the majority of my income as a writer come?
- What step could I take today to make my dreams as an author come true?
- What do I value that I intend for my writing to embody?

If I can be of assistance to you in 2009 in moving forward to design and reach your goals as an author, please contact me by email: <mailto:contact@stephaniegunning.com>. Sometimes all an author needs is a one-time laser coaching session.

Stephanie Gunning, "The Publishing Insider," is an author, editor, and publishing consultant with over 23 years of experience in the book business. Her A-list clientele include bestselling authors (Gregg Braden, Hale Dwoskin, Ernest Chu, Sandy Grason), major publishing firms, top caliber literary agencies, and innovative self-publishers (Sedona Press, Quimby Press, Hot Mommy Next Door, Rees Publishing). She has mastered the art of transforming powerful ideas into highly marketable books. She is co-creator of The Great American Think Out

(www.stophinkingnow.com), founder of Creative Blast Press, and author/editor of the anthology *Audacious Creativity*.

