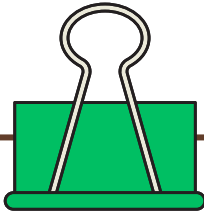


THE WRITING LIFE!

A Go Guide.



Why would a writer need a Go Guide?

The short answer:



Writing requires physical, mental, emotional, spiritual, social, personal, professional, private and public engagement. I have not included all of the features and elements that may be a part of your life context, but where you are at, influences and impacts all you do, including your writing. Also, a writer works with the energy within and without, and this energy takes shape in many ways. It may not, is often not, the same, from one point or moment to another. You are, most often, the best person to ask, when you want to find out what you need to get going. Here's a self-assessment you may find handy to help you begin.

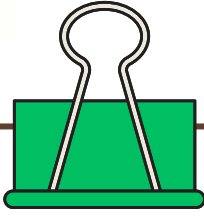
So why self-assessment?

Because you know you, and you may reveal much to yourself that is important to you, that you may not wish to reveal to anyone else at this point in time. Also, once you've had some of these conversations with yourself, you may want the freedom to think and feel your way through to what you'd like to do next. You don't always want well-wishers, friends, family, colleagues or a coach dragging you down the path of what they think is best for you. You may want to choose who you'd like to discuss what with, and when.

In the time I've spent with people, some writers, some not, and many in between, I've witnessed sheer genius, enormous skill, some self-sabotage, mood swings, courage, determination, persistence, transformation and achievements, that have left me agape. In the time I've spent with myself as a writer, I've experienced my own inspired moments, and the channeling that emerges from my belief in a higher something I find easy to refer to as God. I have also experienced writing left unfinished for multiple reasons. Into that space of inspiration, the finished and the unfinished, a little knowing, tentatively pops by. So I share this worksheet with you.

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Before you begin:

I'm Shikha Aleya, a writer and a writing coach. I've spent years writing and working with people, in different environments and for diverse purposes.

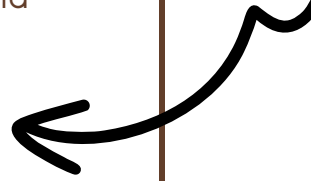
You may conduct this self-assessment over time and multiple sittings.

You may revisit your own answers as and when, and revise them.

You may even choose to dash off your answers while cooking, during a work break, or while on vacation.

You are not required to be a particular version of yourself acceptable to someone else, or to me, to do this.

You are only required to be you, unfolding, changing, sometimes this, sometimes that, but you.

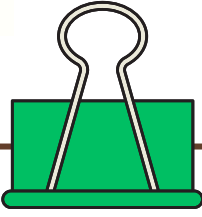


Here's a start:

Are you feeling fresh and full of good energy, or could you do with a little more rest than you have had for a while? What's going on? Does your answer reflect the way you mostly feel on an average day?

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We are surrounded by stories and images of inspired writers and artists, mothers, or bearded others, working at 3 am by candle light, hair standing on end, the fatigue of the unslept, triumph, darkness, too-much-too-little food / drink, and a miraculous productivity, shining through. This is reflective of truth but not all truth, nor everybody's truth.

Who you are and what you need to start, and then sustain your writing, all the way to the finish line, is your truth. This may change at different points of time, but your truth, you know.

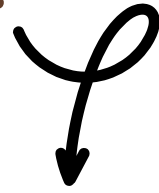


If you were to make a plan going forward from here, a change-something plan, a Get-ready-to-go plan, what are the top three things you'd need to put in place right now? Your truth, for you.



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So, what makes you dive into a writer's Go Guide? What do you seek from yourself through this self-assessment?



What are 3 things you want to do with your writing at this point in time?



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What do you have on your side that make each of these 3 things do-able for you?



What is it that gets in the way of what you want to do with your writing ?

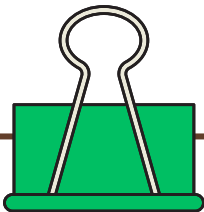


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What is the support you need, from yourself, and/or from someone else, to do what you want to do with your writing?



I'm thrilled that you took the time out to do this. It matters to me that you're here, having this conversation. This is just a start and the aim is to move in a direction that you choose and want. You may have given yourself a lot of answers already. Your responses make a difference to you as a writer, to your writing practice, and to the chances you give yourself to breathe and make room for you.

When you're done with this Go Guide, I'd be happy to chat with you and see if there's a way I can support you. This is a preliminary chat session of between 15 to 25 minutes, and I won't charge you for this.

Email me at shikhaaleyacoach@gmail.com and we'll set up a method, date and time for a first chat.

Instagram @shikha.writingcoach