I Double-Dog Dare You:
Overcoming Your Fears to Write
with Cathy Fyock,
The Business Book Strategist
Who said you could write?

Won’t you be wasting your time?

What if this is a huge failure?

Who said you could write?

What do I really know about this topic?

Hasn’t this topic been addressed enough already?

Be careful! You might embarrass yourself!

Did anyone ever tell you that you could write?

Shouldn’t someone else write this book?

What if no one buys it?

What if no one buys it?
Dear Bitch:

Strategies
Writing prompts
Begin with the end in mind and focus on outcomes. Celebrate small wins.
Meditation or prayer

Beware!
I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing. I need to keep writing.
Who do you choose to be?

• Leap of faith – diving board
To schedule a complimentary strategy session, email

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