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End-of-Chapter Writing Prompts
Where Do You Hang Your Hammock?
Finding Peace of Mind While You Write, Publish, and Promote Your Book

PART I: DREAM

Chapter 1: Who Do You Think You Are?

Who do I think I am? In what way(s) might I filter my primary experience through the roles that I play?

Chapter 2: Who Do You Want to Be?

Who do I want to become? What if I already am everything I yearn for? What name(s) best describe my essence?

Chapter 3: The Only Reason to Do Anything Is for Love

What or whom do I love? How can I do more of what I love? How can I reframe certain tasks so that I feel the love that's present?

Chapter 4: An End to Striving

What if what I'm chasing isn't real? What if I already have/am what I'm seeking? How might this change what I do and how I do it?

Chapter 5: Universal Doubt

Am I taking universal doubts personally and letting them run the show? What if my fearful thinking isn't true? What happens when I withdraw my attention from these thoughts?

Chapter 6: Stories That Create Suffering

What story or inner narrative do I cling to that creates suffering? Where's the sacred gift in my current situation or circumstances? How can I move forward with what I've got? What's available to me at this time?

Chapter 7: Living Visions

What is my dream? What am I longing for? What am I creating? How can I trust enough to say yes to myself? What kind of support might I need as I go after my dream?

Chapter 8: Anxiety Is Not the Price of Admission

What if I set aside my writing anxiety and allowed myself to enjoy the process? What might my creative life look like if I felt peaceful and calm?

Chapter 9: Artists of All Ages

In what way(s) am I the soul of the place I inhabit right now? How can I hone my skills in service to my creativity?

Chapter 10: Checkers and Mountains

What games or activities best exemplify my life?

Chapter 11: Creating the Impossible

What “impossible” venture am I ready to create? Is there a writing project I’d like to begin or resume? What’s calling me?

Chapter 12: The World Needs Your Dream

What would I do if I had nothing to prove to anyone, including myself? What would I do if I knew there was no such thing as failure? What’s my dream? How can I take a leap of faith? What might that look like?

Chapter 13: A Ritual to Solidify Your Intentions

What do I have to give to my writing? What do I hope to receive from my writing? What are my writing intentions?

Chapter 14: Moonstone Egg: Using Talismans to Call Forth Your Dream

What does my life look like now that my dream has come true? What am I doing? Who is with me? Where do I live? What am I giving? To whom? How does the realization of my dream help others?

Chapter 15: The Power of Creating a Writing Altar

What objects in my home feel imbued with writing inspiration or energy? Does anything come to mind? If not, am I willing to look around my house and yard to find objects that I could use to create a writing altar?

PART 11: NOURISH**Chapter 16: First Things First: Starting Your Day**

How does my morning routine impact my writing? How could I put my creative work first for just a few minutes daily? How would I like to set the tone for my day?

Chapter 17: The Obstacle Is the Teacher

What wars am I waging within? How do I fight myself, and my experiences? What, how, and when do I resist?

Chapter 18: What Does Clearing Clutter Have to Do with Writing?

Is there a place in my office or home that feels stagnant, stuck, or clogged? What small step can I take to clear clutter? Would I benefit from some support?

Chapter 19: Overwhelm

What practices slow me down and help me to be more present in my writing and in my life? How can I slow down right now, in this moment?

Chapter 20: Read

What kinds of books nourish me? How can I give myself the time and space to enjoy reading?

Chapter 21: Bath Ceremony

What am I ready to let go of? How can I release or lighten the load I carry?

Chapter 22: Light Meditation: Remember Who You Are

How can I share my light? How can I appreciate the light in others?

Chapter 23: Acts of Kindness

What acts of kindness could I share with myself and others? How can I spread some love today?

Chapter 24: Small Adjustments

What small adjustments could I make today to make my writing and my life a little easier?

Chapter 25: Leaps of Faith

What leap of faith terrifies me but would delight or thrill me if I made it?

Chapter 26: Body Breaks

How does my body want to move right now? What would be a fun body break?

Chapter 27: Writing Project Breaks

Do I need to step away from my writing project right now? Can I create space for myself to write in my journal a couple times a week? What lessons are present? How can I keep moving forward while balancing my own needs with other obligations?

Chapter 28: Don't Decorate Your Pit

Have I been decorating a pit of my own? What's one small action I can take to move out of my pit?

Chapter 29: Writing Teachers and Coaches

Is it time for me to take a class or work with an editor or coach? Would I benefit from that kind of support at this time? What can I do on my own, and what would I like help with? How can I be part of a writing community, or how can I be more active in the writing communities I'm already part of?

Chapter 30: Journal Writing Is Good for Your Health

What would I write about if I were completely free to speak my truth and tell my stories? How can I make room in my schedule to write in my journal once or twice a week for fifteen or twenty minutes?

PART III – WRITE**Chapter 31: Journal Writing Is Good for Your Writing**

Am I willing to give myself the gift of time to explore my creative ideas in my journal? How can I make that happen?

Chapter 32: A "Real" Writer

What might my ideal writer's life look and feel like? What other activities besides writing nourish my writing and my soul?

Chapter 33: Write from Your Body, Rather Than Your Head

Where do my stories live in my body, and how can I access them?

Chapter 34: Writing Naked: The Benefits of Exposing Yourself Through Memoir

What am I telling myself about what will happen if I write my stories? What would I write if I knew I didn't have to believe these thoughts and could tune them out?

Chapter 35: Write Where You Are

How can I write where I am? What does this mean to me?

Chapter 36: Wondering What to Write?

How can I listen, lighten up, and let go? What's coming forward in my writing that wants to be explored?

Chapter 37: Turn Your Blog into a Book

How do I feel about turning my blog into a book? Does this seem like a viable option for me or for my business?

Chapter 38: Craft: Six Ways to Improve Your Writing

How can I hone my craft as a writer?

Chapter 39: Why Writing Isn't Selfish Navel-Gazing

How can I trust my writing process more? What judgments do I hold about my work? How can I have more fun with my writing?

Chapter 40: Call It into Being: Memoir Organization and Structure

What topics or subject matter shows up in my writing? What are my themes? What story do I most want to tell right now?

Chapter 41: AFOG: What It Means, and Why Writers Need to Know About It

What are my opportunities for growth right now? What are my character's opportunities for growth?

Chapter 42: The Time It Takes

What writing pace feels right for me right now? How can I keep my writing going or resume a project that has stalled?

Chapter 43: Give It Space: *How You Write Is as Important as What You Write*

When was the last time I gave my writing—or myself—a bit of space? What happened? How can I give my writing some space today?

Chapter 44: Does Your Writing Project Feel Far Away?

What writing project would I like to call back right now? Am I ready to listen to what it has to tell me? How can I show up for this relationship I have with my writing? What more can I give?

Chapter 45: Primary Source Materials: A Writer's Treasure Trove

What stories lurk in my family papers, photos, and documents? What primary source materials do I have? How can I better organize them so that I can find what I need when I need it?

Chapter 46: Writing and Life as Improvisation

What if "yes" is who I am? How can I bring more play into my writing and my life? How can I enter the unknown with a light heart?

Chapter 47: Eight Tips for Taking Care of Yourself While Writing Painful Memories

What does my inner wisdom tell me about how to care for myself while writing painful memories?

Chapter 48: Celebrate Your Writing Accomplishments

How would I like to celebrate reaching an important writing landmark? What are my writing goals? How can I break them down into smaller ones? How do I feel about celebrating myself and my accomplishments?

PART IV – PUBLISH**Chapter 49: Why We Write**

Why do I write? Why did I write this book?

Chapter 50: Traditional Publishing

How's my author platform? Is it large enough to bring thousands of readers to a traditional publisher? What, besides my book, do I have to offer a traditional publisher? What might a traditional publisher do for me and for my book? And what does the publisher bring to the table?

Chapter 51: The Dream

Have I been trying for years to get a book I believe in published? Am I willing to let go of how I think that's supposed to look, and to move forward in a new way? What fantasies or ideas would I have to surrender in order to create and embrace real-life opportunities?

Chapter 52: Rejection: It's Not Personal

What stories are triggered in my mind when my work gets rejected? What if none of these stories is true? What might be possible if I ignored my limiting beliefs?

Chapter 53: Independent Publishing

Is independent publishing a viable option for me right now? Do I know any indie authors I can talk to about their experience?

Chapter 54: How to Navigate the Chaos of the Experts

What are "experts" saying that I don't agree with? What is my expertise? Does it come from my education, my work experience, my life lived, or a combination of these?

Chapter 55: Faith: A Writer's Safety Net

How can I deepen my faith in myself and in my writing projects? Where does my faith reside? What is my safety net?

Chapter 56: Risk: Why and How to Take Risks in Your Writing and Your Life

What is a risk worth taking? Are there risks with my writing that I regret not having taken? If so, how can I move forward and take that risk now? What's standing in my way?

Chapter 57: Soliciting Blurbs

Whom do I know who might be willing to endorse my book? Whose work has influenced mine? Who are my favorite authors?

Chapter 58: My Publishing Path

Is it time to move my own hammock? What is my inner guidance telling me about publishing my book?

Chapter 59: Does It Spark Joy?

Does my current publishing path spark joy? If not, can I make changes or adjustments inside, as well as outside?

Chapter 60: Behavioral Prozac and Big Rocks

What if I made freedom and peace of mind my “big rocks”? How might that impact my publishing process?

Chapter 61: Recovering Perfectionist

What’s the energy behind my actions? How can I show up, relax, let go, and enjoy this ride? How am I navigating my publishing experience? Are there ways in which I am holding on to the “ride” too tightly?

Chapter 62: My Eleventh-Hour Subtitle Change

Have I come across what feels like a dead end? Do I have ideas about the way things should be, as opposed to how they are? How can I reframe my thinking to glimpse infinite possibilities?

Chapter 63: Navigating Your Prelaunch To-To List

If I were to put “maintain my freedom and peace of mind” at the top of my prelaunch to-do list, how might I approach everything else?

Chapter 64: Arrival: Holding Your Book in Your Hands for the First Time

When have I felt as if I’d “arrived”? How can I “arrive” into any moment?

Chapter 65: Activate Your Tribe

Who is my tribe? What books have I read recently that I enjoyed and would like to review on Amazon?

Chapter 66: A Disappointing Review

What “test” might life be giving me right now, and what is its lesson? In what way(s) do I dare greatly? How can I dare even more greatly?

V - PROMOTE**Chapter 67: Harness Your Inner Yang**

How can I harness my yang energy to promote my book? What promotional activities do I enjoy? Interviews? Public speaking? Book clubs? Where is my joy in this process?

Chapter 68: Author Expectations

What’s fueling my ambition? Does wanting my book to be a best seller come from a genuine desire to share what’s in my heart for the good of something greater than I am? Or does it stem from something less noble? Does it come from a craving for recognition or legitimacy? Is it emanating from my heart or from unconscious, fearful thinking?

Chapter 69: Marketing Versus Publicity

Who is my audience? How can I reach them? Where do they hang out on social media and elsewhere? How do I feel about marketing and publicizing my book? Do I have any resistance to doing so?

Chapter 70: Lessons from a Bard

What does it mean to stand in my own brand of beauty and truth? What might that look like?

Chapter 71: Book Marketing Basics

Which book marketing ideas appeal to me? What's a next step (something small) that I can take to move forward with my book marketing plan?

Chapter 72: DIY: Work Smarter, Not Harder

How can I work smarter, not harder? How can I bring joy to my book launch?

Chapter 73: Ask For What You Want

Do I find it hard to ask for what I want? What stops me? What stories do I tell myself when I'm considering asking for what I want?

Chapter 74: Facebook Fans

What social media platforms do I enjoy?

Chapter 75: Social Media Shaming Averted I: Copy Editor Delivers Unexpected Gift

How do I relate to people online? How do I respond when I'm criticized or corrected?

Chapter 76: Social Media Shaming Averted II: Revel In Your Success

In what way(s) do I stop myself from shining my light? Am I willing to observe my negative reactions and take responsibility for them?

Chapter 77: "Personal Crazy" and "Triggers"

What am I defending? Can I see—with compassion and love—both my inner sanity and my outer personal crazy? How can I hold my personal crazy more lightly? How can I lean in to my wisdom?

Chapter 78: Hiring a Publicist

What thoughts and feelings do I have about success and visibility? How do I feel about putting myself "out there" with my book?

Chapter 79: Working With a Publicist

What tasks am I willing to perform, and which ones would I like my publicist to do for me? What strengths do I have that might be helpful while working with a publicist?

Chapter 80: Publicity: My Story

Is there an MYHM in my own life right now? If so, what is it?

[Note: MYHM means "move-your-hammock-moment," which refers to the need to change your perspective.]

Chapter 81: How to Plan a Successful Book Tour

Where would I go on my dream book tour? What ideas do I have for bringing people in the door?

Chapter 82: Public Speaking

What is my message, and how would I like to share it? What helps me stay connected and grounded?

Chapter 83: Reading Excerpts from Your Novel or Memoir

What portions of my book are great stories? How can I compress them?

Chapter 84: Ditch Your Good-Girl (or Boy) Shame

What does shame tell me? How does it influence my thinking, feelings, and behavior?

Chapter 85: Eight Tips for Using Video to Promote Your Book and Your Business

How would I enjoy using film and video to promote my book or business?

Chapter 86: Zoom Book Launches

Does a virtual book launch make sense for me right now? What appeals to me about it? Why might I choose this option? How might I combine a virtual launch with other events?

Chapter 87: Awards and Accolades

What would I like to invest my “belief dollars” in? How can I celebrate my own accomplishments? What might it feel like to live more fully in the present moment?