



# Worksheet: Claim Your Author Identity

## PART 1: Acknowledge the Resistance

Complete the sentences below as honestly as you can.

1. The biggest reason I haven't written my book yet is...

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2. When I imagine finishing my book, I feel...

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3. One belief I have about myself that holds me back is...

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4. If I continue believing that, the cost to my goals or dreams is...

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## PART 2: Flip the Script

Now rewrite those limiting beliefs as powerful affirmations.

1. New belief #1 (about my ability to write):

*"I am capable of writing something that matters."*

2. New belief #2 (about using AI):

*"Using AI makes me a more efficient, empowered, and focused writer."*

3. New belief #3 (about finishing):

*"I finish what I start because I'm committed to the process."*

## PART 3: Know Your Why

Anchor into your deeper motivation by answering the following:

1. The message, story, or wisdom I want to share in my book is...

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2. The person I most want this book to impact is...

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3. When I hold my finished book in my hands, I'll feel...

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4. In one sentence, here's why I must write this book:

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#### **PART 4: Your Personal Commitment Statement**

Write your official 30-Day Author Commitment here and keep it visible (print it, post it, or make it your phone wallpaper):

*"I commit to showing up each day for the next 30 days. I will take one step each day toward writing and publishing my book. I am the author of my story—and I choose to finish what I've started."*

☐ Initial here when complete: \_\_\_\_\_

Download the worksheet at [www.sgpotter.com/28-Day-author-worksheets/](http://www.sgpotter.com/28-Day-author-worksheets/)