

Dawn Montefusco, MFA

Transformational Writing Coach

Writers who write together, thrive together

## Decision Buster Template

1. Make an exhaustive list of all your ideas for a book. This list will include EVERYTHING you have thought of, including topics others have suggested you write about. Make sure to include topics you are PASSIONATE about. What book would you LOVE to write? Also include the ideas and topics you have mad skills in. Is there a book you think you *should* write? What about a book someone told you to write? I want you to list them all.
2. When you are done close your eyes. Take three deep breaths; relax your shoulders and your body. Open your eyes and spend five seconds concentrating on each idea you listed, one-by-one. Pay attention to your immediate reaction. How does this topic make you feel? Does it elicit joy, repulsion, indifference, etc.? Ask yourself, "Would I LOVE to write about this?" or "Do I think I SHOULD write about this?" or "Do I want to take this off the list?"
3. Put a ☺ smiley face next to each idea you would LOVE to write, an "S" next to anything you think you should write, and an "X" next to anything you want to take off the list.

If the idea gives you immediate anxiety, feels laborious, or makes your energy drop it's either an "S" or an "X".

If the idea makes you so giddy you get excited but then fear sets in, that's okay, mark it ☺. Sometimes the idea that really lights you up, can also make you a little nervous, but that's a good kind of energy!

4. Eliminate all topics marked "S" or "X" and choose the biggest smiley faces ☺ from your short list of topics.



Mark each with either a smiley face ☺, "S" for should, or "X" for No way!

BOOK TOPIC IDEAS	Rating