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The WRITE Framework

From WRITE Yourself into a Book

THE WRITE Framework

A 5-step system to structure and tell your story with impact:

W – What Happened? (The Storyline)

- **Set the scene:** Who, what, where, and when?
 - **Describe the moment:** A key incident, challenge, or defining experience.
 - **Highlight emotion:** What were you feeling? Let your vulnerability speak.
 - *Prompt:* What event changed the way you saw yourself, others, or the world?
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R – Reflection (The Inner Journey)

- **What did you think about it then vs now?**
 - **What internal struggle or belief surfaced?**
 - *Prompt:* What personal truth or lesson came out of that experience?
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I – Impact (On You and Others)

- **How did it affect your relationships, career, identity, or choices?**
 - **Who or what did it change in your life?**
 - *Prompt:* What ripple effects did that experience have?
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T – Transformation (The Turning Point)

- **What decision or action changed everything?**
 - **What mindset, habit, or value shifted?**
 - *Prompt:* What new version of you emerged from the experience?
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E – Expression (Your Message to the World)

- **What's the moral, insight, or message?**
 - **Why are you telling this story now?**
 - *Prompt:* If someone else was going through what you did, what would you say to them?
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Bonus Tips:

- Use **sensory details** to bring moments to life.
- Stay **authentic** – your real voice matters more than polished prose.
- Write in **scenes**, not summaries.
- Be **honest but respectful** of others involved.
- Write from the **heart** not from the **head**
- Start with a 5-minute **Write Block**

RELEASED EXPRESSIONS
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**Write
Yourself Into a
Book**



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HOW TO: Write Yourself Into a Book

01 Identify Your Why **02** Establish Your Goal **03** Build a Team **04** The WRITE Framework **05** The Manuscript

LET'S WRITE ...

Start the Conversation here: It is time to share your story, 