

# Brave Women Write

## Writing Project Planner

*A plan, accompanied by a routine, is the direct path to creative liberation.*  
— Carolyn Tate

The first draft of my sixth book, [Brave Women Write](#) was written in just 90 days. It was only possible with a plan, a routine and the support of my *Writers' Group*.

If you're a woman who yearns to free your inner writer, you too, need a plan, a routine and other women for support.

And you don't need to aspire to write and publish a book to be a writer. Maybe you want to develop a journaling practice, write letters, poems, blogs or short stories whether fiction or non-fiction?

No matter what you plan to write, this planning tool will help you gain clarity on your writing project.

Print it out and handwrite your answers in a journal in your favourite sit-spot in nature. Or take your laptop to your local library and answer the questions on a word document. However you choose to do it, be sure to do it in a space that inspires.

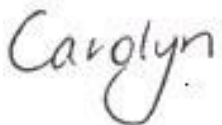
Devote 10-15 minutes to each question and within a few hours you will have clarity on your project and a plan to bring your words to life on the page.

Good luck with it, and remember, practice makes progress not perfection.

If you need more support on your writing journey, here's some ways I can help:

1. Buy my book *Brave Women Write* (the perfect Xmas gift) [BUY HERE](#)
2. Book an online mini-planning workshop with me. [EMAIL ME](#)
3. Join the *Brave Women Writers' Retreat* in Red Hill on 18 Jan 2025 [BOOK HERE](#)
4. Join the *Brave Women Writers' Circle* commencing 31 Jan 2025 [READ MORE](#)
5. Follow me on all the socials [Facebook](#), [Instagram](#) and [LinkedIn](#)

Happy writing!



Carolyn Tate  
Author, *Brave Women Write*

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- 1. About Me (Who am I and what makes me tick?)**  
Write a few sentences on your passions, strengths and what draws you to writing and your story idea.
- 2. Intention for Writing Practice**  
Set a clear intention for your project. Write one sentence capturing what you hope to achieve or feel through writing.
- 3. Project Overview**  
Answer the question, “What is my writing project about?” Write as much as you can then summarise it into less than 50 words.
- 4. Core Message or Transformational Idea**  
Reflect on the heart of your project. Summarize the main message or transformation you want readers to experience.
- 5. Audience (Who am I writing it for?)**  
Imagine your ideal reader. Describe their needs, interests and the emotions you want to evoke for them.
- 6. Purpose (Why am I writing this?)**  
Reflect on the deeper purpose of your writing. Write a few sentences about what drives you and the change you hope to create in yourself or in others.
- 7. Setting a SMART Goal**  
Define a specific, measurable, achievable, relevant, and time-bound goal for your project (e.g., “Write 5,000 words in the next month”). Write this down as your main target.
- 8. Establish a Writing Routine**  
Plan a realistic writing schedule, even if it’s just a few sessions per week. Decide when, how often, and how long you’ll dedicate to writing and block out the time in your diary/calendar.

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### 9. Self-Care Practices for Balance

List one or two self-care practices (like nature walks, yoga or meditation) that will keep you centred and inspire your creativity. Write down a commitment to incorporate these into your routine.

### 10. Reflection

Take a few moments to reflect on any fears, challenges, or doubts you might have. Jot down any insights and what strategies might help you overcome these obstacles.

### 11. Beginning, Middle, and End

Outline a rough structure for your story:

- **Beginning:** How will you introduce readers to your world and characters?
- **Middle:** What main events or turning points drive the story forward?
- **End:** How will you resolve the story and convey the transformation or message?

### 12. Plan the Next Steps

Map out the immediate steps for the coming week. What will you focus on first? This could be outlining scenes, researching or drafting.

### 13. Accountability

Who do I need to help keep me accountable to this writing project? What support/help do I need?

### 14. Summarize Your Project (for accountability or sharing)

Write a 500 word (max) synopsis/ summary of your project. This is helpful for sharing with mentors or writing groups for feedback and accountability.

### 15. Wrap-Up Reflection

Reflect on what you've learned about your project in these journaling exercises. Write down any lingering thoughts, excitement, or goals to revisit.

For 33 practices on how to free the writer within and more journaling questions, purchase [Brave Women Write](#).