

JUMPSTART YOUR NOVEL

WITH KANMOWRICO



WHO AM I AND WHY AM I QUALIFIED?



LET'S BREAK IT DOWN



**YOUR
PLOT**



**PERFECTI
ONISM
AND
YOU**



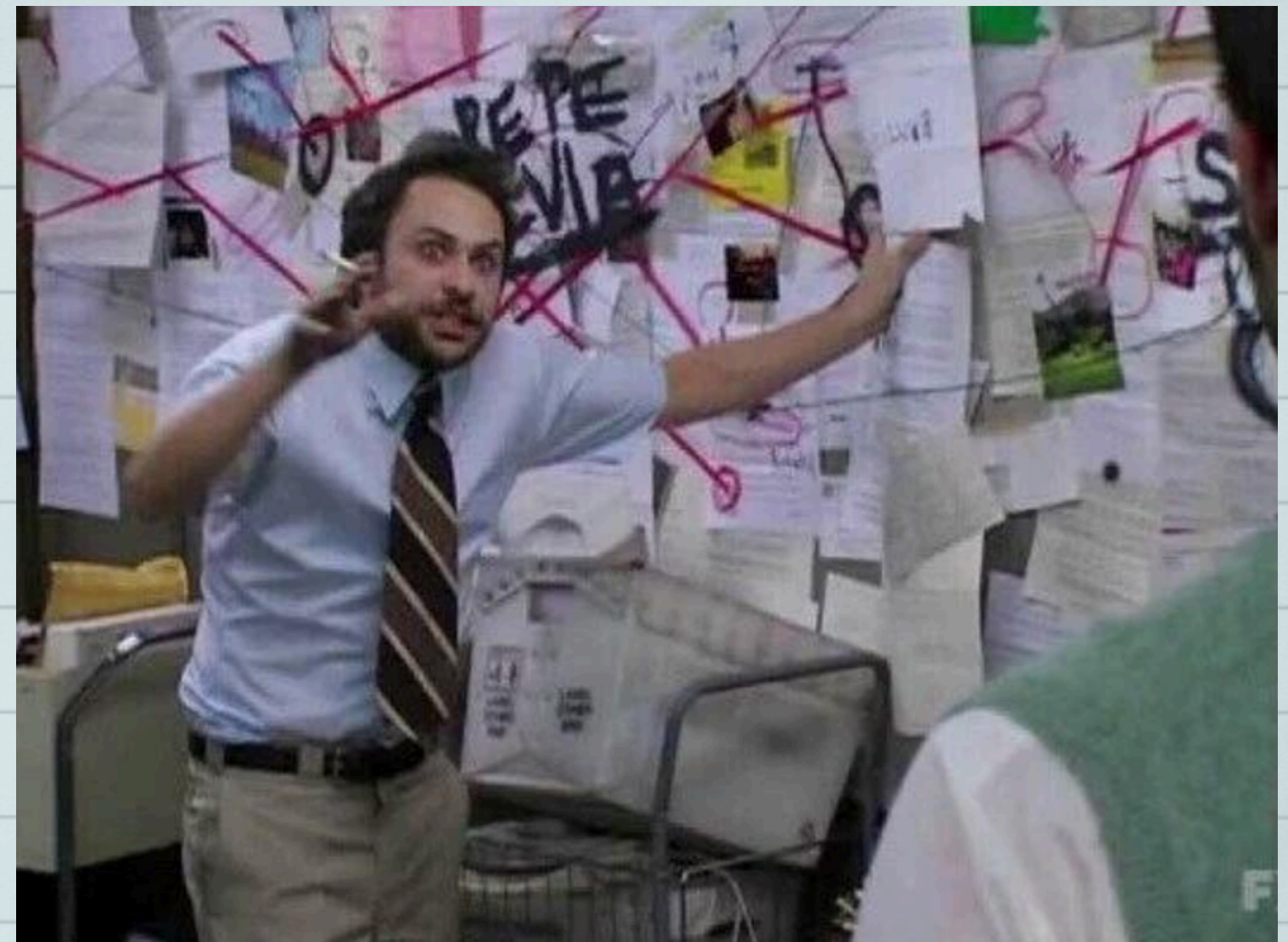
**THE
STARTING
LINE**

YOU LOST THE PLOT

(OR YOU NEVER HAD A PLOT TO BEGIN WITH)

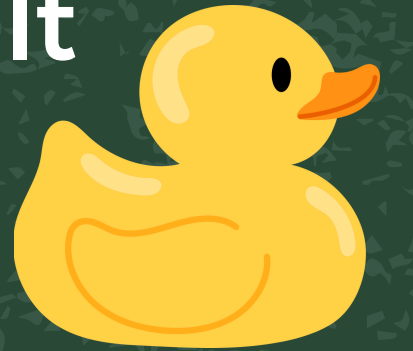
SO YOU HAVE AN IDEA...

**OR THE CONCEPTS OF AN IDEA, BUT
ORGANIZING THAT INFORMATION MAKES
YOU FEEL LIKE ...**



Cause
and
Effect
Chaining

Rubber Duck It



SOME
NOVEL
IDEAS

John Truby's *The
Anatomy of Story*
The Wish List
Exercise

Seven Point Plot
Structure

WRITING EXERCISE: YOUR WISH LIST

THE BUG IN YOUR BRAIN

(AN EXTENDED METAPHOR FOR PERFECTIONISM)

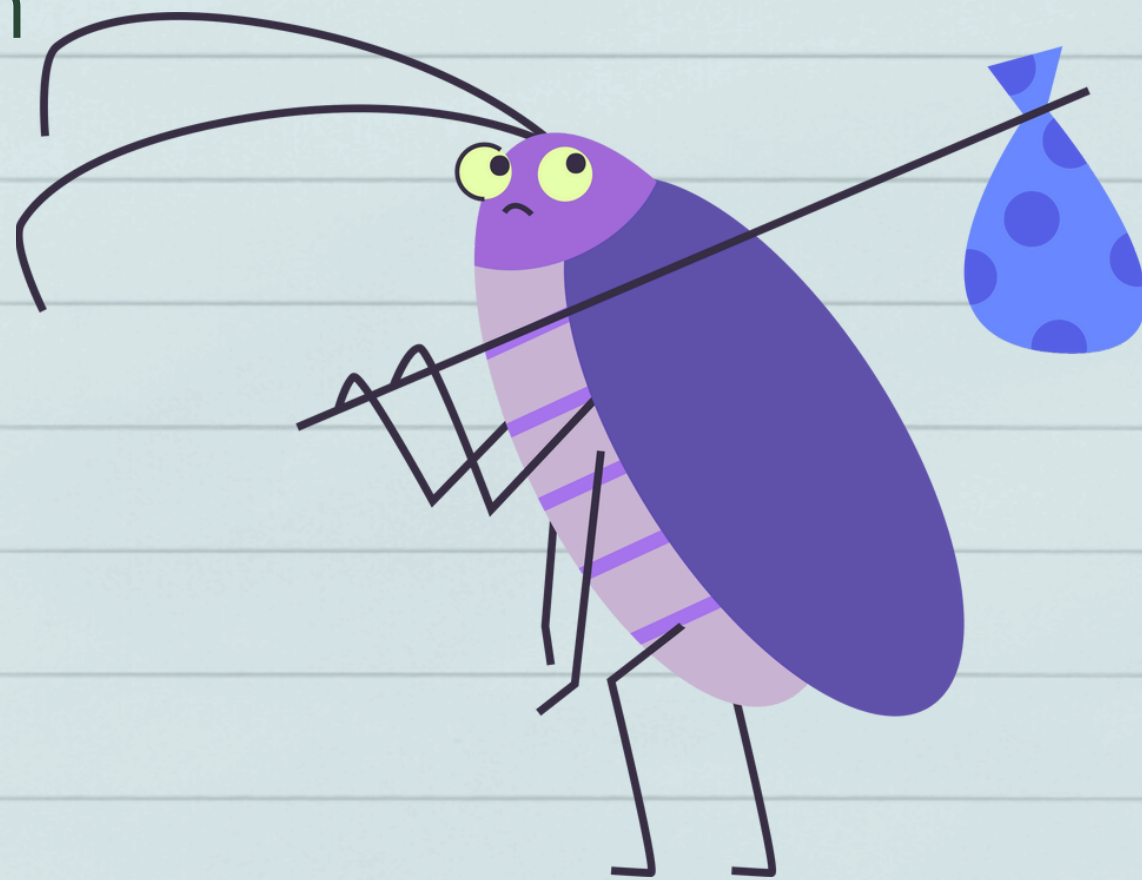
[PERFECTIONISM PLACEHOLDER]

Outwitting the Bug

John Rogers Advice

[DUMBEST VERSION]

A story is something you cultivate, not something that can be done once, better than anyone has ever done it in history.



Outrunning the Bug

Set a timer and make yourself start

Write on your phone, a notepad, or anything other than your usual spot

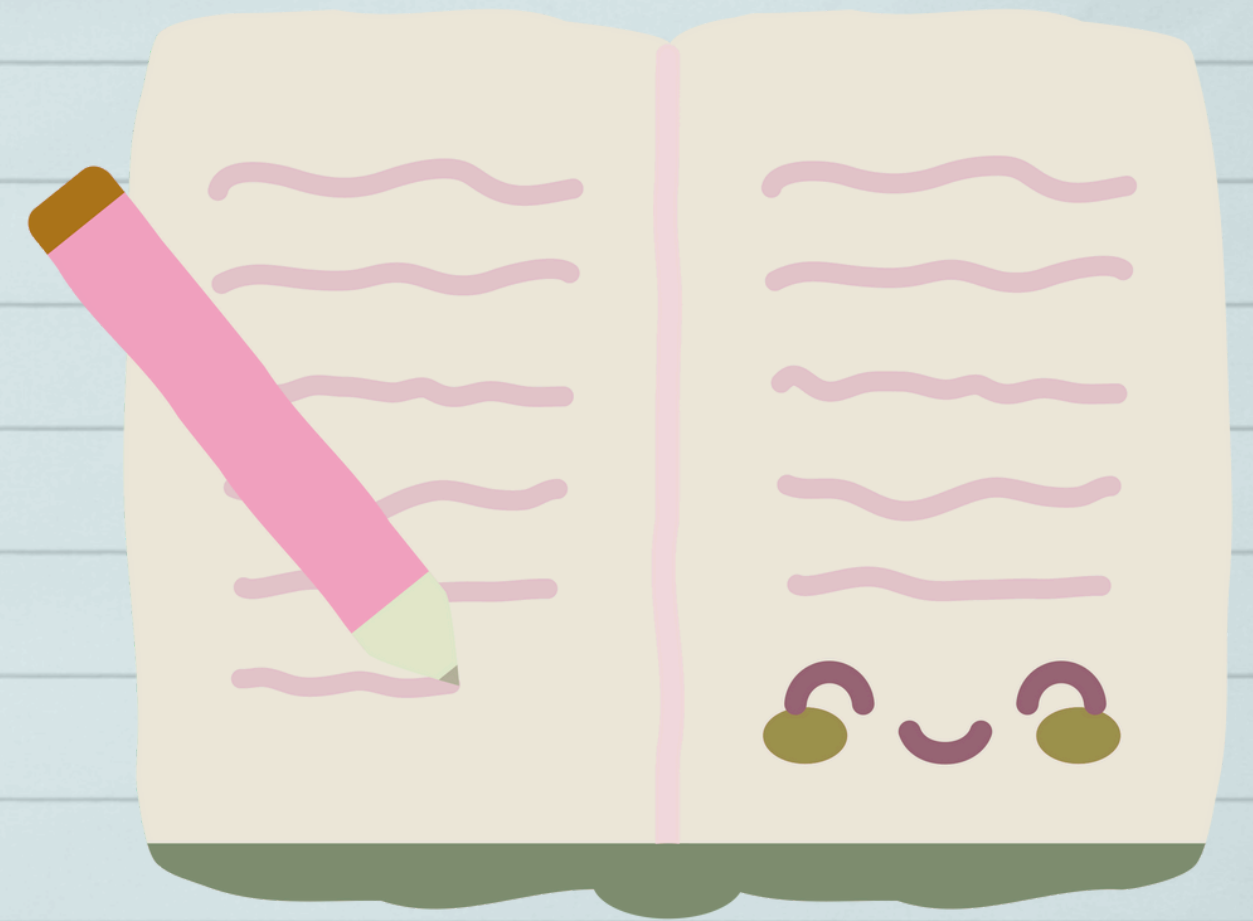
**WRITING
EXERCISE:
JUKE THE BUG**

THE STARTING LINE

(LOWERING THE BARRIER TO START)

INTRODUCE NOVELTY TO YOUR NOVELING

1. Go somewhere else
2. Write in a new way
3. Use a different writing instrument
4. Write one sentence and if you wanna stop, stop
5. Do 5 minutes of physical activity
6. Dedicate exactly 10 minutes to writing
7. Get Dressed Up
8. Write a prompt instead of your novel
9. Refresh your inspiration
10. Speak it



WRITING EXERCISE:

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JOIN US!

[KANMOWRICO.COM](https://kanmowrico.com)



**THANK
YOU VERY
MUCH!**