

Step 1: Author of Change in Your Life

If you are reading this, you are a writer who feels called to compose books that inspire others to create change. The book you want to write might cause your readers to change personally, such as to alter their habits, work, health, relationships, thinking, or spiritual practices. Or your book might move them to create change in the world by becoming more ecologically or environmentally minded, politically involved, or ethically outspoken, for example. When you write and publish a book that inspires your reader to take any type of positive action, you “author change” and you become an Author of Change.

It’s important to be able to communicate your message to others if you want them to join your cause or if you want to influence them to do something differently in some way or to improve the world in some manner. Basically, you are asking them to adopt your own personal sense of mission or purpose. You can gain their trust or inspire them when they read your work. However, the greater challenge comes in moving them to action.

Many authors who have had the greatest impact on the world did not set out to write a book that would change the world. They reached deep inside themselves for their message and their mission and acted from that place of Divine challenge. They had a smoldering ember that needed to burst forth into flame. If you can reach that center point, blow on it and get the fire burning, everything else will follow—even the business-related and publishing-related details.

Week #1 Homework

Finding Your Purpose, Mission or Cause

This first part of our Author of Change program is intended to guide you to you. You need to be clear about your purpose. You need to cut through all the layers of thoughts and feelings that lead you to the purity of your individual mission. It is not the same for everyone. It requires some deep reflection and honesty. It requires that you examine your motives and look directly into your own soul to determine what you hope to accomplish and what you need to change about yourself for you to become a pure vessel for the change you hope to bring into this world. You have to “walk your talk.”

This does not mean you have to become perfect. On the contrary, we often write what we need to learn. Or we write from the deepest and most challenging parts of our own journey. What is asked of you is that you go through the process of self-discovery so your motivation to bring change to the world is done in a strategic way. You must also learn to embrace the changes that will inevitably happen to you once you step on the path of this journey in earnest.

We will guide you with our homework and webinars. However, you remain the key factor in your ultimate success. You will learn to trust God, your guides, your higher self, your intuition, and whatever else guides you on your way. You will eliminate the blocks to achieving your

goals. You will challenge yourself to rise to the occasion of the tasks before you. You also will learn to love and respect yourself for your willingness to do this work and to follow through with something great.

These are the steps to becoming an Author of Change:

1. Become clear about your purpose.
2. Communicate that purpose in a clear and inspiring way.
3. Develop relationships with like-minded people who will support your goals.
4. Create a viable book concept.
5. Write in ways that reflect your goals and convey your sense of purpose.
6. Allow your passion and authenticity to inspire readers to action.

In this first lesson of the ACT Coaching Program, you spend time examining your purpose or cause and honing your message so you can communicate it to others.

If you would like to learn more about finding your purpose, we suggest you take a look at the following books:

- [*Sacred Contracts: Awakening Your Divine Potential*](#) by [Caroline Myss](#)
- [*The Passion Test: The Effortless Path to Discovering Your Life Purpose*](#) by Janet Attwood and Chris Attwood
- [*The Life You Were Born to Live: A Guide to Finding Your Life Purpose*](#) by [Dan Millman](#)
- [*Entering the Castle: Finding the Inner Path to God and Your Soul's Purpose*](#) by [Caroline Myss](#)
- [*You Can Create An Exceptional Life*](#) by Louise Hay and Cheryl Richardson
- [*A New Earth: Awakening to Your Life's Purpose*](#) by Eckhart Tolle

Now let's examine what you already know about your life's purpose. Please answer the following questions to the best of your ability. You will use your answers later to formulate your mission statement and ACT Plan.

10 General Questions about Purpose

1. **Have you always had a sense that there is something you are supposed to do or that you had a higher calling or soul purpose?**
2. **Do you have a sense of what this is?**
3. **Was there a pivotal event in your life that caused you to believe this?**
4. **Do you have a clear sense of your life purpose or do you have many things that you would like to do?**
5. **Can you state your greatest passion or what matters to you the most?**
6. **If you had unlimited money and could change the world with it, what would you do?**
7. **What personal experiences have led you to your particular sense of mission?**

8. **Do you feel you have the experience, education or authority to make a difference in people's lives?**
9. **In the past, have you listened to "the call" and fulfilled your purpose?**
10. **What has stopped your from fulfilling your purpose and do those same things stop you now?**

It's important to be able to communicate your message to others if you want them to join your cause or if you want to influence them to do something differently in some way or to improve the world in some manner. Basically, by authoring a book that inspires change—or even just telling people about your cause or mission—you ask readers to adopt your own personal sense of mission or purpose. Doing so in simple words and in short phrases helps you communicate with them easily and effectively.

Now that you have examined your deepest passion and sense of mission, do the following:

Describe your purpose in 50 words or less.

How does your purpose benefit others? List at least three ways.

Describe the message you want to communicate in 50 words or less.

List three "talking points" (three bulleted points) you offer after speaking your message if someone asked you to tell them more after you shared your message.

What added value does your message offer to others? Why would they care?

A sound bite is a short, concise, easily understood and remembered phrase that conveys to your audience what they need to know right now about how you can help them. **Write down the sound bite you would use if you were on a news show and had just 30 seconds to get across your message.**

A signature story is a personal anecdote that helps people understand or relate to your purpose or message or explain why it is important to you? **Do you have a "signature story" to tell about your purpose or message? Write it down.**

Thinking ahead to the book you want to write, answer these questions as they relate to your purpose:

1. **Is your purpose or mission in life related to the purpose you feel as a writer? Or do you feel you have a different mission to accomplish as a writer?**
2. **Is your purpose greater than one book? (Will you need to write more than one book?)**
3. **What do you feel you need to do to fulfill your purpose besides writing a book?**
4. **Does having a successful book (one with lots of sales) fulfill your purpose? Or do book sales have nothing to do with fulfilling your purpose?**

5. Have you previously listened to the call to fulfill your purpose as a writer? If not, why?

Exercises:

For these exercises you will need a physical journal or an online journal (if you prefer to use a computer).

Write down 1-3 ways you already connect with Spirit, your higher self or however you refer to your own inner guidance.

- 1.
- 2.
- 3.

List three reasons you want to become an author of change:

- 1.
- 2.
- 3.

Think about the first time in your life that you felt “chosen” or that you had a sense of mission and purpose. What inspired you to want to take action? How has this manifested itself in the way you have lived your life?

If you can't think of the first time, consider this: When do you feel a sense of purpose in your work or life or feel inspired to action related to your purpose? How does this feeling manifest in your life and how do you respond to it?

Please write about this as if you were explaining it to your student or a reader, someone who is stepping on their own spiritual path and needs to understand their own feelings.

Also notice during the next two weeks when you feel or hear messages from spirit and how you respond. Journal about this.

ACT Plan – Week #1

Finding Your Purpose, Mission or Cause

In this section of each set of homework sheets you build your personalized ACT Plan, or action plan. You create the action steps you need to take to reach your goal of becoming an author or an Author of Change. This is the most important part of your homework because you will use it long past the end of the program to help you reach your goal.

Based on what you learned in this section:

- **List 1-3 *inspired* action steps can you take to fulfill your purpose in general (not necessarily via writing).**

- 1.
- 2.
- 3.

- Pick 1 you commit to following through with this month. Write it down here: _____ . Choose a start date: _____ .
- Pick 1 you commit to following through with on a date in the future. Write it down here: _____ . Choose a start date: _____ .

- **List 1-3 ways you can get in better touch with your higher self, Spirit or guides so you can receive messages about your soul purpose, your mission and inspired action steps you should be taking.**

- 1.
- 2.
- 3.

- Pick 1 you commit to following through with this month. Write it down here: _____ . Choose a start date: _____ .
- Pick 1 you commit to following through with on a date in the future. Write it down here: _____ . Choose a start date: _____ .

- **Write down 1-3 things you need to do to better communicate your message.**

- 1.
- 2.
- 3.

- Pick 1 you commit to following through with this month. Write it down here: _____ . Choose a start date: _____ .
- Pick 1 you commit to following through with on a date in the future. Write it down here: _____ . Choose a start date: _____ .

- **List 1-3 *inspired* action steps can you take to fulfill your purpose in general.**

- 1.
- 2.
- 3.

- Pick 1 you commit to following through with this month. Write it down here:_____ . Choose a start date:_____ .
- Pick 1 you commit to following through with on a date in the future. Write it down here:_____ . Choose a start date:_____ .

- **List 1-3 *inspired* action steps can you take to fulfill your purpose through writing your book.**

- 1.
- 2.
- 3.

- Pick 1 you commit to following through with this month. Write it down here:_____ . Choose a start date:_____ .
- Pick 1 you commit to following through with on a date in the future. Write it down here:_____ . Choose a start date:_____ .

- **Of the 7 challenges Authors of Change face, what 3 do you feel will be your personal challenge?**

- 1.
- 2.
- 3.

- For each of these 3 challenges write down how it can become an opportunity. The only thing you can really change about circumstances is how you look at them. If you feel frozen with a sense of unworthiness, what can you say to yourself to move past it. Think of circumstances that can be explained by these challenges. Would you have handled them differently with the knowledge that they were in your life to help you overcome these obstacles? Then list three action steps you can take to take advantage of the opportunity and a date when you will take that action step.

1.

- a.
- b.
- c.

2.

- a.
- b.
- c.

3.

- a.
- b.
- c.