

“Sage is the teacher I didn’t realize I needed because I didn’t know such a teacher existed. Not only has Sage helped me achieve the writing life I dreamt of having, she’s helped me achieve the life I dreamt of having.”

- Z. Haines

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“Working with Sage during Idea to Outline, I was able to undergo an unexpected and positive transformation in my relationship with myself and my writing process.

Sage’s confident & passionate nature coupled with her experience & dedication helped me to cultivate a curious and investigative attitude towards my writing.”

- Gina Gil

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“There’s no way that I would have a completed novel without Sage’s help.

It was invaluable to have someone who’s been through it, and who could lay out steps and make a plan with me. She helped me figure out things I didn’t even know I needed to figure out.”

- Shelley Pearson, Author of *Book Smarts & Tender Hearts*

“Idea to Outline completely changed my mindset about writing and helped me go from being a frustrated writer to believing I can make it over the finish line to holding my book in my hand. I’m writing regularly again for the first time in years, and it’s seriously been because of Sage’s support.”

- Melissa

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“Sage Adderley has been invaluable in making my dream of writing my non-fiction book a priority in my professional life.

Sage intuitively knows how to help you make the changes in your life to unleash your creativity, productivity and make progress. I have yet to present a question or an issue, Sage has not been able to help me solve. She is generous with her knowledge, her time and support.”

- Terry Ann Donner, RN, JD, CSA

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"Sage knows how to get beside you and encourage that innate, beautiful writer that is inside of you out and onto the page."

- Andrea Pardue, Author of *Finding Feral*

“Working with Sage was like creative therapy. I have gone from writing from my head to writing from my heart. She has helped me discover that there is magic in the work. I’ve experienced this idea in other areas of my life before, but Sage has helped me unlock it in my writing, which I’m not sure I could have done without her.”

- Marguerite Nicosia

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“I simply love Sage. She walks her talk. She's not afraid to guide by showing her own vulnerability. She's a master at creating a warm and welcoming, magical, safe, creative environment in which to connect with our inner wise selves.”

- Jan Blount

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"I've been dreaming of becoming a published author my entire life. Writing my book has been one of the most gratifying experiences, and I know I could not have been as successful without Sage by my side."

Leilani Mañulu, Author of *Paradox of the Water Bearer*



# Idea to Outline

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UNRAVEL OLD PATTERNS, EMBRACE INTUITIVE  
STRUCTURE, AND FINALLY WRITE YOUR BOOK!

Sage Adderley

Washington, USA

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Sage Adderley  
PO Box 809  
Centralia, WA, 98531  
[www.tellyourstoriespublishing.com](http://www.tellyourstoriespublishing.com)

Idea to Outline/ Sage Adderley. 1st ed.  
Ebook ISBN: 978-1-7321591-7-4  
Paperback ISBN: 978-1-7321591-8-1

To my clients - past, present, and future. I see you showing up courageously in this world with your stories. I am so damn proud of you. Keep writing and collecting evidence of your greatness.





“The hours we spend talking about writing is time we don’t spend actually doing it.”—Stephen King



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## FOREWORD

I found Sage Adderley at a unique time in my life. It was 2019, my husband was living five hundred miles away for work, and I was preparing our home of twenty years to sell. Our young adult children were settling into their own paths and didn't need me as much. I planned to join my husband within the year. I resigned from my teaching career and began preparing the house to sell.

Faced with a long, lonely year, I was restless and annoyed. I knew this was the perfect opportunity to finally write my book, yet I was letting it slip by. I wanted to do it. I knew how to do it. I had the time to do it. So, why wasn't I doing it?

I tried. Really, I did. I'd read all the books, tried all the programs, and explored all the systems. I knew it all, did it all except for one thing. I never asked for help.

After much soul-searching, I decided it was time to find the dreaded writing coach. It was the only thing I hadn't done. I doubted it would make any difference, and I was certain it would be a waste of money. My ego agreed and screamed the entire time. *You know how to write! You should be able to do this! Why are you paying for someone to tell you what you already know?*

It was a good question. This time, I was going to allow someone the opportunity to answer it. Through a series of serendipitous events, I found Sage. I was immediately drawn to this tattooed, swearing woman with bright red lipstick. She was real. She was smart. She was passionate. And she made me laugh. I made my decision.

I started slow and participated in an online presentation of what has ultimately become this book. Idea to Outline wasn't like any other

program. Rather than tell me things I already knew, Sage asked questions that I could not answer.

“Why do you want to write a book? What are your values around writing? Why do you do things the way you do them? Does it serve you? What would happen if you changed your habits? Your thoughts? Your inner dialogue?”

That ego of mine continued to let me know I didn’t need help and I certainly didn’t need to change anything. I’d managed just fine for the last fifty years with my current mindset, habits, and attitudes, thank you very much. I knew what I needed to do, and I just had to do it. It should be easy, right?

But if it was so easy to write a book, why hadn’t I already written it?

It was scary and challenging to acknowledge that what had worked before in other areas of my life wouldn’t work with this one. I couldn’t intellectualize, lone-wolf, or stubbornly will my way through the writing process.

If something is truly important to you, yet every attempt to achieve it fails, it’s time to make a decision. Maybe it isn’t that important, and you need to move on. You could just give up and wallow in self-pity. You could also make excuses and blame other things or people.

Or you could choose to do the hard work that starts with introspection. You could begin to answer the questions, “Why can’t I do this yet? What’s in the way? What can I do to change that?”

Working with Sage unlocked something within me. A switch flipped and a light came on. Maybe I would have managed to write my first book even if I hadn’t met Sage, but I guarantee you it would have taken forever and it would have been extremely painful.

I also know I wouldn’t be where I am now. I’ve self-published six novels in two years. I know my process. I know why I do what I do. I trust myself to change when I need to change for my own good. I trust myself to do the things I’ve promised myself I would do.

I also know I’m not so special that I can do this on my own. It is hard. I need and want my writing community with Sage Adderley.

Quiet your ego, inner critic, and all those other voices in your head, so you can hear your heart. Do it for yourself, take the leap, find community, get support, and write your book!

I am honored to write this foreword for Idea to Outline. I'm excited for you to meet the magical and amazing Sage Adderley. I know she is anxiously awaiting your success. I know she will challenge and inspire you. I know she will cheer wildly with every tiny step you take towards achieving your dreams.

And I know you will write an amazing book!

Lynn M. Stout

Author of Paranormal Women's Fiction

[www.lynnstout.com](http://www.lynnstout.com)





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## INTRODUCTION

*I'm so grateful you picked up a copy of Idea to Outline.*

This book is the result of a workshop I've been teaching online for the past four years. Over 600 aspiring writers and published authors have participated. Leading Idea to Outline has been such a joyful and bucket-filling experience for me. I've compiled the teachings into this book format for writers to continue to benefit from and reflect on the information throughout their writing journey.

As an intuitive writer, I resisted structure for many years because I thought structure had to be hard and rigid. I convinced myself that it would dictate what my writing looked like – it would keep me from showing up in my full creative self. The reality is that after many years of unfinished creative projects, I began to see it was my *lack* of structure that was underneath not finishing them.

But, once I learned that I could make the structure look any way I wanted, I began to thrive in my writing practice. It took time to shift and build new habits, but it was a total game-changer for me!

Now, I finish what I start.

You don't have to pick either being an intuitive writer or being a structured writer. I believe in the power of both. If you're an intuitive writer, structure isn't the enemy, nor do I think structure needs to leave out flexibility and ease.

Writing a book is a choice. And how you write it is a choice as well.

We live in a world where people live full lives, most of them overflowing, and the struggle to "keep up" or "catch up" is real. I hear people waiting for the "right" time to write their book, and I don't think the "right" time exists. There will never be an abundance of time sitting around for you. If you want to write a book, it's up to you to make it happen.

It's your responsibility to create the space to do it and prepare yourself to stay on track and follow through to completion.

That's what *Idea to Outline* is about - making shifts in your life so you have the mental and physical capacity to write a book. You're going to need it.

We talk a lot about how to write a book but not enough about preparing for what it takes to set ourselves up for success to write it.

That's why I put this information together for you.

I've witnessed and mentored hundreds of writers who are finishing and publishing their books after years of being unable to write.

Chances are, if you're reading this, you can relate to one or more of the following:

- ✓ You're interested in writing a book but don't know where to begin.
- ✓ You've started writing a book, but you stopped to start a new project.
- ✓ You're in the middle of multiple book projects.
- ✓ You've got a couple of book ideas and don't know which one to pick.

**This book is for the writer who:**

- Is willing to look at what's getting in the way of not writing
- Wants to learn how to build structure intuitively
- Has a book idea but doesn't feel confident to start writing

**This book is not for the person who:**

- Doesn't feel they have any blocks, resistance, or limiting beliefs standing in their way
- Isn't interested in changing their habits
- Not willing to try something new with their writing

I believe if there is a story in your heart, you get to write it, and *Idea to Outline* will set you up for success with a sustainable practice, tools to navigate common obstacles, and keep you writing until the end.

Don't let the size of this book fool you. I've cut out the noise and gone straight to the quality information that will transform your writing practice.

With love,  
Sage



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## HOW TO USE THIS BOOK

There's no right or wrong way to use this book.

When I teach this material in a live workshop, it takes five days. The first two days cover mindset, the third - structure, the fourth - vision and why, and the fifth day is when we begin brain dumping content to start building the book outline. So, if you'd like to follow that flow, go for it! If you'd like to give yourself some more time, please do.

I feel it's more important to be consistent and focus on doing the activities and prompts in the sequence I've laid them out versus how long it takes to go through the material.

If you choose to do only a few of the activities, you could be missing out on an opportunity to get a deeper look at the things that continuously get in the way of your writing practice. I'd ask yourself what you're resisting – what keeps you from going all in?

I invite you to give yourself permission to prioritize doing the work in this book. I encourage you to lean into it all! Be courageous and connected with every step in the book - be open to whatever adventure it takes you on.

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## UNDERSTANDING YOURSELF AS A WRITER

One of the greatest gifts you can give yourself as a writer is being attentive to your habits and how you respond to things. It's the information you need to build your confidence and trust.

All writers have their unique processes and styles. Finding what works for you is key to being a successful writer. In order to do that you get to document what's working and what isn't working.

One way to do that is to look at whether you tend to have "pantser" or "plotter" habits.

**Pantsers** tend to fly by the seat of their pants - writing without schedules or structure. What works for pantsers is their energy and excitement to jump in and get going. What doesn't work is not using structure, getting confused about their writing content because there is no focus, and fizzling out. It's common for pantsers to have multiple projects going on at once because when they get "stuck" on one, they hop to another.

**Plotters** love information! They are great researchers and organizers. What works for plotters is their awareness of how structure and preparation are important. What doesn't work is they tend to wait to have all the information before creating movement in their project. It's common for plotters to not trust the creative process and want to edit their work while writing which complicates and slows down the writing journey.

Pantsers are not better than plotters and vice versa.

The goal is to embody what's working for both writing types and merge them. When you take the energy and urgency of the pantser and combine it with the structure of the plotter, you become unstoppable!

“YOUR FEAR WILL ALWAYS BE TRIGGERED BY YOUR CREATIVITY, BECAUSE CREATIVITY ASKS YOU TO ENTER INTO REALMS OF UNCERTAIN OUTCOME, AND FEAR HATES UNCERTAIN OUTCOME.” – ELIZABETH GILBERT

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## Step 1



Our mindset is powerful! In my experience mentoring writers, I can confidently state that mindset is one of the main reasons, if not the *biggest* reason, writers don't start or finish their books.

If you search mindset online, you'll find many definitions and types. In this section, I will be speaking about mindset, how I define it, and how I use it in my work with writers. There are many wonderful resources available to dive deeper into this topic.

I define mindset as attitudes and beliefs that guide your actions and choices. Your mindset can fuel you toward your goal, or it can stop you in your tracks.

Here are the biggest mindset obstacles for writers.

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## Scarcity

I associate scarcity with a lack of something - energy, money, inspiration, time, focus, etc.

It's important to take a moment, sit with this word, and identify where scarcity shows up in your writing practice.

### **Scarcity can sound like this:**

*I'm too tired to write.*

*I don't have the money to invest in my book.*

*I don't have all the information I need to write my book.*

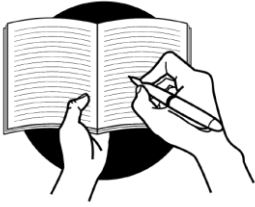
*Writing my book is taking time away from my family.*

*I'm too busy to focus on writing.*

I firmly believe if we don't name the obstacles that come up time and time again, we'll never move past them. And they will continue to be the things that stop us from following through.

We all have scarcity around one thing or multiple things. It's completely normal, and you get to decide if you will allow scarcity to keep you from writing.





## **JOURNAL TIME**

What do you think of when you hear the word scarcity? How does it show up in your writing practice?

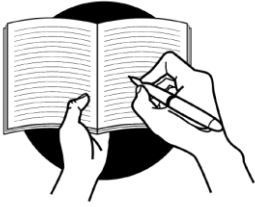
We will never have all the things we *think* we need to write and finish our books. It's about meeting ourselves where we're at—finding possibility in the scarcity.

When I overthink and worry, I feed my scarcity. I'm basically telling my scarcity that it's "right," and I don't have enough of (fill in the blank) to write my book.

Can you relate?

When we're in a place of scarcity, we are in a mindset of limitations. We convince ourselves that we are too tired to write or don't have the time or knowledge to begin a book. That type of mindset is called a fixed mindset. It's where you don't think you or the situation is doable or changeable. You're stuck in a way of thinking.

The goal is to shift from a fixed mindset to a growth mindset where you can find a sliver of possibility to wiggle in and make space to create movement toward your goal.



## JOURNAL TIME

What does it feel like to be stuck in scarcity?  
What are ways you could shift from a fixed to a growth mindset?

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## Time

Time and scarcity dance together on this writing journey. When I ask my clients what gets in the way of writing their book, lack of time is a popular obstacle.

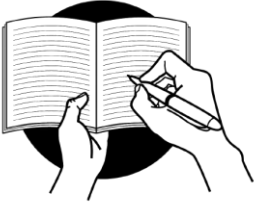
But is it *really* an obstacle?

When I tell myself that I don't have the time or am too busy to focus on my writing practice, it's a reminder to check in about how I am using my time.

If you don't feel like you have the time to write, I recommend keeping a time log for two weeks. Log from the time you wake up to the time you go to bed. This will give you clarity on how much time you spend in your morning routine, doing things for others, being online, etc. Keeping track of how we spend our time is in no way to shame ourselves for relaxing, binging our favorite Netflix show, or hanging out with loved ones. It's simply about collecting information.

When we're in our head with scarcity and limitations, we're feeding the "I'm too busy" story we have. But, when you begin to see how we're spending our time, there is always something we can shift to create some spaciousness to write. It might mean waking up earlier or saying no to someone or something, but if writing your book is meaningful, you can make it work.

No matter how full your life is, I believe everyone can find 10-15 minutes in their day to write. And writing in small increments of time is better than not writing at all.



## JOURNAL TIME

How often do you use the word busy – what does it feel like when you use it?

For me, the word busy brings up feelings of exhaustion and frustration. Like, I have more balls in the air than I can keep up with. That's when I'm convinced that there isn't enough time.

When I paid attention to how I felt when I used the word busy, I decided I wanted to replace it with a different word - a word that describes an abundant number of things happening in my life without feeling weighed down. So, now I use the word full. It keeps me in a place of possibility instead of limitations.

**For example:**

I used to say: "Today is going to be a busy day."

Now I say: "Today is going to be a full day."

I see and feel possibility with full. If I keep moving forward, that fullness will decrease. Unlike busy which feels like an immovable wall I can't get around.

Playing around with different words is about being curious about your language. What words do you use often? What feelings are connected with them? Are you stuck in the energy of those words?

We all have a full life platter - let's be real, a plate doesn't sufficiently hold all that we are up to. The good news is that there are things on our life platter that get to be removed.

When our life platters are overflowing OVERWHELM sets in.

---

## Overwhelm

You may have noticed that I'm continuously asking you how things feel. And I encourage you to pay attention not only to your thoughts but how these things feel in your body. Being able to identify your feelings in your body is a great support to shift out of the ones weighing you down and into the ones that will lift you up.

When I *feel* overwhelmed, I become irritable, and I find myself struggling to focus - my body feels physically uncomfortable.

### **Let's set the scene up.**

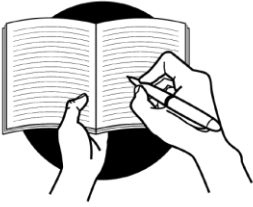
You feel the overwhelm in your body. You've named it. Now what?

The first step is to identify what's triggering the overwhelm. It's quite possible that it's a culmination of things that have brought you to a place of overwhelm.

The next step is to choose to begin relieving this overwhelm.

You have three choices when you've identified overwhelmed:

- ✓ **Ask for help** - outsource something on your life platter (stop lone-wolfing, controlling, and feeling like you're the only one who can do the thing)
- ✓ **Say no for now** - decide the task isn't urgent and can be completed at a different time
- ✓ **Make zero changes** and choose overwhelm



## JOURNAL TIME

Write a list of the things creating overwhelm in your life. There is nothing too small to put on the list. Then, circle the things you **can** control.

### **Examples of Control vs. Not in Control:**

**Control:** how you care for yourself, going to bed/waking up at a specific time, setting boundaries, saying no to things.

**Not in Control:** work schedule (unless you work for yourself,) kid's school schedule, certain illness situations.



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## Limiting beliefs/inner critic/perfectionist

In the last few years, I've been diving deep in transformational leadership work. It's been beneficial with getting underneath where my false beliefs stem from. I've been able to trace the origination of my limiting beliefs around trust, confidence, self-worth, and connection. It's given me a clear understanding of my trigger points and unhealed wounds.

You might be wondering what this has to do with writing. It has *everything* to do with it. If you don't believe in yourself, it's a struggle to prioritize a writing practice. If you lack confidence or value, it's a struggle to invest in your writing or trust that you're capable.

A limiting belief is the voice that tells you it's a waste of time to write or you never finish anything, so why would you finish this. Most of the time, the inner critic will join the limiting belief and remind you of all the things that could happen if you wrote a book.

The inner critic might say:

*You'll be judged or criticized by your peers and loved ones.*

*You'll do it wrong.*

*No one will read it.*

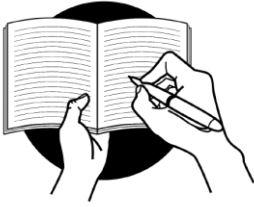
It takes tools and a plan to write through our limiting beliefs and inner critic noise. When you do the inner work and develop tools to combat the limiting beliefs, it positively ripples out into your writing practice. If you don't do the inner work, it will also ripple into your writing practice in a more challenging way.

I include perfectionism with limiting beliefs because they go hand in hand. When I think of what perfectionism means to me, it means "getting it right," "looking good," and "knowing all the information."

I don't believe perfection exists. And so, when I see perfectionism in a writer's process, I encourage them to begin lovingly unraveling the idea that they're going to get this "right."

Being messy in your first draft, allowing yourself space to *not* know all of the information that will go into your book, and not editing or revising while you write, are the three most valuable tips I can give a perfectionist.

Writing a book is unlike anything else, so it takes being willing to try new ways of doing things to learn about and embrace this journey fully. Unlearning old habits takes time and patience. You can do it!



## **JOURNAL TIME**

What are some of your limiting beliefs? Do you identify as a perfectionist?

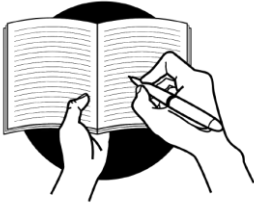
Our limiting beliefs aren't our truths even when they feel very real. Most often, they originated when we were young children. Through words from the people in our lives and experiences that hurt us in some way, the false beliefs rooted themselves into our minds, and the older we've grown, so have they.

While I don't believe these limiting beliefs or even our inner critic ever goes away. I know it's possible to quiet them enough to continue to show up and do the things our heart is calling us to do.

In a survey to my writing community, 63% of the writers said what they wanted to learn the most was working with their inner critic - facing their limiting beliefs. 85% said lack of confidence was their greatest struggle with writing. These numbers support my theory that skipping your inner work is a disservice to your writing practice.

I use a 3-step process in working through limiting beliefs.

1. Identify the limiting belief - name it
2. Process it (reach out to an accountability buddy or mentor, use creativity or journaling to help release it, etc.)
3. Decide which step gets you back into movement



## JOURNAL TIME

Write one of your limiting beliefs.

**For example:** My story isn't unique.

Then, rewrite the belief, so it represents your truth.

**Example:** My story came from my heart and my muse. It's mine, no one on this planet can write it the way I can.

Digging around in this inner work can be emotionally and physically draining. I encourage you to take care of yourself and pay attention to what's coming up for you. Nourish your mind, body, and soul.

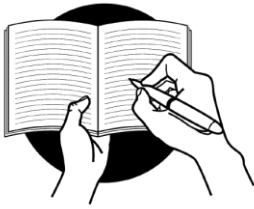
If you run yourself down day after day, a book will not be in your future, or it will take many years to write.

The energy in which you show up to write is the energy that shows up in your writing. If you're exhausted and burnt out, is that what you want your readers to feel?

Writing a book is like a marathon. When someone declares that they will run in a marathon, they don't just lace their shoes on race day and show up to run - there is preparation.

The runner has a schedule and a structure of prioritizing their health and running practice, setting boundaries, and maintaining their energy and focus on their goal.

If you've been doing each journal prompt and suggested activity thus far, I bet you have some great ideas for preparing for your writing journey!



## **JOURNAL TIME**

What changes do you get to make to prepare for your writing journey?





"IF THERE'S A BOOK THAT YOU WANT TO READ, BUT IT  
HASN'T BEEN WRITTEN YET, THEN YOU MUST WRITE IT."

TONI MORRISON

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## Step 2



After you're clear on your mindset blocks and habits, it's time to build your book's structure. The first two pieces are your Vision and Why. They are tools to help keep you grounded.

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## Vision

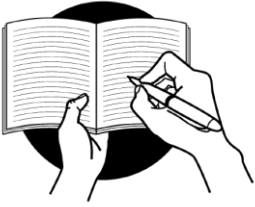
A book's vision is a brief summary of what the book is about. It's okay if you don't have all the info right away. You will collect more information about your book as you are in the writing process. For now, begin by writing what you do know, and continue to update the vision as you get further into your writing. You can start simple with the genre, setting, location, theme, ideal reader, etc. Start with one sentence and continue to add to it. I treat the book's vision as a work in progress, just like the book's content.

Your book's vision supports your book's content. When you have a clear vision, you can use it to guide your writing. It will help answer questions as you write to keep you aligned to your book's theme or message.

I know it's helpful to see examples, so I will share the vision of my book series below.

*The Triple Goddess is a YA magical realism series featuring three generations of women with unique gifts and supernatural powers. The stories flow between the daughter, mother, and grandmother. Readers witness their victories and struggles through the 1950s, 70s, and 90s. The Triple Goddess offers readers a look into magic, the healing of generational trauma, and the power of forgiveness.*

If you're a visual person like myself, you might like to create a collaged vision board, or if you prefer working digitally, Pinterest is a great place to gather images and create a board for your book. I find having a visual incredibly helpful when looking for the language to describe various things.



## **JOURNAL TIME**

Write a vision for your book idea. Remember, this can be added to and revised as you get further into the writing of your book.

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## Why

Your book's why is really *your* why. It connects you with the importance of staying in the writing process and finishing. It grounds you into the purpose of your book and the way it can impact your life.

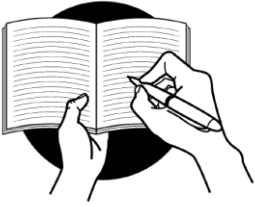
There are highs and lows on the writing journey, and your why is a tool you can use when experiencing a low. Without a why, it's easy to fall off track, avoid, and even stop writing.

You can most definitely write a book simply because you want to. That's more than enough reason, but will saying to yourself, "I'm writing just because I want to," be enough to get you through a challenging period in the process?

How can you go deeper with your why?

What will it *feel* like to write a book? How will you change from writing this book? What doors could this book open up for you? What's possible – what do you want to create?

Allow yourself to think BIG about what's possible by writing and publishing your book.



## **JOURNAL TIME**

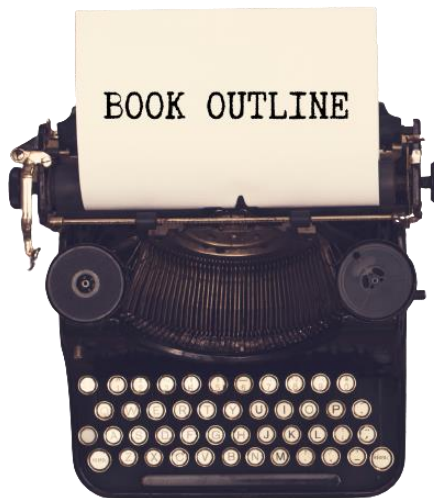
Write a letter from your future self detailing the importance of staying on the writing journey and finishing.



“THERE IS NO GREATER AGONY THAN BEARING AN UNTOLD  
STORY INSIDE YOU.” —*MAYA ANGELOU*

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### Step 3



I have my clients do an info (brain) dump on paper before beginning an outline. This step allows you to release as much information as you currently have about your book idea onto paper.

I recommend reading your Vision and Why, sitting in a space free from distractions, and begin the info release. When you do this process, know that this isn't the writing of the manuscript, so you're not worried about it being in a specific order, making sense, or even being in complete sentences.

The goal is to release plot points or character descriptions. For non-fiction writers, you might be writing out time periods, certain experiences, or topics that you'll be teaching if it's an informative book.

When we move this information out of our minds and onto paper, it frees up space for new ideas. That's why keeping it in your head doesn't work. It actually clogs up the creative process. Instead, keep your ideas flowing on paper.

Every writer is different, so your process will look unique – keep this in mind to avoid going into comparison. Some writers will do their entire info dump in one sitting, while others might take several times. When you feel complete, move on to the next step. You can come back and do this process whenever you think you need to collect more information for your writing.

The next step is to circle the main points from the info dump.

**Example:** Any information about the character, I would circle in a specific color and then move it into an online document, so when I'm ready to start on the character sheet, the info is in one place.

I would also pull out main or subplot points.

Then, I would write the main points onto index cards. One card for each main point. This process is called mind mapping.

Using index cards allows us to move cards around and place them in different sequences to begin imagining what the story flow might look like. Another helpful step for visual learners and thinkers.

At this point, my index cards become my book outline. Then, as I'm writing, I can add more cards and move them around as the flow shifts in the writing process. As an intuitive writer, this supports me in staying in my vision while using structure.



If you need a deeper structure than mind mapping, multiple resources are available online to explore other ways of outlining fiction and nonfiction books. Mind mapping is a great way to introduce structure into your writing practice.

Once your Vision, Why, and Book Outline are in place, it's officially time to start writing your first draft! A completed book contains multiple drafts. Your next step is to focus on the first draft and stay in that step until it's completed.

**We write books one step at a time.**

A first draft is messy. The best tip I can give you is to follow the structure you drafted for your book. It's there to support you. Keep it updated with any new ideas that come to you in your writing practice. Remember, revising and editing while you write your first draft will slow down and complicate the process.

Ready to write your story?

You've got this!



# Moving Forward

Congratulations! You've read through and, hopefully, are on your way to mastering the steps in *Idea to Outline*. If you'd like more support in seeing what the first draft of your book looks like and the accountability to keep creating a forward movement to get there, I invite you to check out my online program, *Book in 90 Evolution*!

Imagine having a completed first draft of your book by the end of 12 weeks. You get 90 days of hand-holding from a writer's coach who gets her clients across the finish line and publishing books!

Writing your first draft can be a challenge. I get it!

Good news! You don't have to do it alone. We get to let go of the perfectionist, the self-editor, and the inner critic while writing our first draft. I'm here. Let's do this together.

## **Book in 90 Evolution includes:**

- ✓ **Weekly Training Videos** – Interactive exercises each week while you write to build the momentum you need to finish your draft!
- ✓ **60-minute weekly co-writing sessions online** - guaranteed writing time!
- ✓ **Live coaching and motivation sessions** to get support in moving through your first draft.
- ✓ **And more!**

Get the details at [www.tellyourstoriespublishing.com](http://www.tellyourstoriespublishing.com)

I also lead a beautiful online community for creative women!



Storytellers & Wild Creatives is a year-long adventure where we create long-lasting results month after month.

This community space is for creative women who want support and a place to have "real talk," share their writing journey, receive guidance, build friendships, and create a sustainable practice.

**This online writing community is for you if you're seeking:**

- ✓ connection with other writers
- ✓ accountability with your writing projects
- ✓ creative ways to tap into your intuition so you come up with unique one-of-a-kind ideas
- ✓ proven ways to build your confidence so you don't stop yourself from writing your book
- ✓ support from a certified creative coach
- ✓ a safe space to be vulnerable and authentic

Get the details at [www.tellyourstoriespublishing.com](http://www.tellyourstoriespublishing.com)

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## About the Author



Sage Adderley is a published author and founder of Tell Your Stories LLC. With over 18 years of creative writing, self-publishing, and book marketing experience, she successfully shifts creatives from overwhelm and stuckness to movement that results in a finished book.

She is an empowering writer's coach and Certified Cosmic Smash Book™ Guide. Sage is masterful at working with the mindset, standing for women on their healing journey, and guiding people to write their stories.

Sage resides in the magical land of the Pacific Northwest, where she swoons over the breathtaking view of Mount Rainier. She's a mom of three rad humans, a coffee lover, and a vintage typewriter collector. Sage gets excited about kindness and snail-mail.

**Connect with her:** [sage@tellyourstoriespublishing.com](mailto:sage@tellyourstoriespublishing.com)

**On Instagram:** @coachsageadderley