



RAPID RESULTS

O U T L I N E

Step 1: You have two minutes to write your title and a one paragraph description of your business. Do not move to the next step until instructed to do so.

Title:

One Paragraph Description:

Step 2:

You have 3 minutes to write down 16 subjects you might write about in your book. Shut off your left brain, meaning don't worry about any details such as grammar and spelling, and shut off your inner critic. Just ignore any passing thoughts or criticisms that may enter your head while you are writing.

TRUST YOUR INSTINCTS.



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Step 5: You have 7 minutes to write down 4 topics/issues/pieces/components for each of your Top 10 categories.



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This is your book outline! Congratulations! You now have 40 subjects you can blog about. Each day, you can take one of these subjects and write about them. It can be a pitfall to return to the previous day's writing, so I recommend not reviewing what you have previously written until all the writing is done and you are ready to edit. Your main goal during these initial phases is simply to get all your ideas down, keep momentum and complete within a specified time.

Get writing!