

Reflection Sheet: Find Your Book Idea

This reflection sheet helps you give your book idea the space it needs. It is not a test or an evaluation, but an invitation to collect, reflect, and sort your thoughts. Take your time. Your answers do not need to be complete or perfect. It is enough if they are honest.

1. Themes that won't let me go

Some themes stay with us for a long time, often unnoticed. Here, they are allowed to become visible.

Which themes, questions, or motifs keep coming back to me?

What do I particularly enjoy talking or reading about?

Which subjects regularly return in my thoughts or everyday life?

2. Stories and impressions that interest me

Your book idea often reveals itself where your attention naturally lingers.

Which books, films, series, or stories have sparked my curiosity recently?

Which titles or subjects have stayed with me – and why?



What fascinates me about them?

(e.g. theme, tone, characters, atmosphere)

3. Genre feeling instead of genre pressure

Which genres appeal to me spontaneously?

In which genre could I imagine writing for a longer period of time?

Which mood runs through my previous answers?

(e.g. serious, light, dark, humorous, reflective)

4. First thoughts on my book idea

Now everything may stand side by side – without order and without the need for completeness.

If I summarise my previous answers, what *could* my book be about?

What appeals to me most about this idea?

What makes it personally meaningful to me?



5. Space to keep thinking

An idea grows when you move it gently.

Are there characters, places, or situations that appear spontaneously?

Which perspective could be interesting?

Which questions does my idea raise – without needing to answer them yet?

6. A preliminary working title

A working title is an anchor, not a promise.

If my book idea had a name today, what would it be?

(This title may change at any time.)

7. Closing thought

A book idea does not have to be finished to be right. It is allowed to grow, to change, and to become clearer together with you. Return to this reflection sheet whenever you feel you are losing the thread. It will remind you where everything began.

For deeper insights, see the related **magazine article**:

> [Find Your Book Idea: The First Step Toward Your Own Book](#)

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