

Reflection Sheet: Find Your Why

This reflection sheet helps you **clarify your personal motivation for writing**. It is not a checklist to tick off, but an **invitation to reflect** and write things down. **Take your time with it**. The more honest and specific your answers are, the stronger the inner foundation for your book project will become.

1. Your personal why

Answer the following questions in writing. There are no right or wrong answers – only yours.

Why do you want to write this book?

(What truly drives you?)

What does this book mean to you personally?

(e.g. visibility, closure, a new beginning, sharing knowledge)

Why now?

(What makes this moment special?)

2. Your goal – short-, mid-, and long-term

Motivation grows when goals become tangible. Imagine your book at different points in time.

Three days after publication:

What has happened? How do you feel?



Three weeks after publication:

What has become visible? (*e.g. feedback, sales, conversations*)

Three months after publication:

What has changed for you?

Three years after publication:

Looking back, what role does your book play in your life?

3. Your role as an author

Why are you the right person to write this book?

(*experience, perspectives, stories, knowledge*)

What do you want to achieve with your book?

(*for your readers – but also for yourself*)

What should your name stand for once someone has read your book?

4. Obstacles and inner resistance

Motivation does not mean having no doubts – it means facing them consciously.

What has held you back from writing so far?

(*lack of time, self-doubt, perfectionism, fear of visibility ...*)

🔗 Website: <https://www.grin.com/selfpublishing>

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What might slow you down in the future?

What helps you stay committed despite difficulties?

(e.g. fixed writing times, support, clear goals)

5. Your motivation statement

Formulate one sentence you can return to when things get difficult.

I am writing this book because ...

Place this sentence somewhere visible – in your writing document, notebook, or workspace.

6. Closing thought

Your book does not begin with the first chapter, but with an **inner decision**. When your why is clear, writing will not always be easy – but it will be meaningful. **Return to this reflection sheet whenever doubts arise**. It will remind you why your book wants to be written.

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

📄 <https://www.grin.com/en/magazin/self-publishing/finding-motivation/>

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