

# Reflection Sheet: Find Your Why

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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?)*

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### What does this book mean to you personally?

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

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### Why now?

*(What makes this moment special?)*

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## 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?

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**Three weeks after publication:**

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

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**Three months after publication:**

What has changed for you?

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**Three years after publication:**

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

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**3. Your role as an author**

**Why are you the right person to write this book?**

*(experience, perspectives, stories, knowledge)*

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**What do you want to achieve with your book?**

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

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

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**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 ...)*



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**What might slow you down in the future?**

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**What helps you stay committed despite difficulties?**

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

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### 5. Your motivation statement

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

**I am writing this book because ...**

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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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