

The Book Clarity Snapshot

Narrow Your Book
Idea Before You
Write Another Page

A 10-MINUTE CLARITY WORKSHEET

INTRODUCTION

NARROW YOUR BOOK IDEA BEFORE YOU WRITE ANOTHER PAGE

If your idea feels too big, too messy, or like it changes shape every time you sit down, it usually means you haven't decided what this book is right now.

And when that isn't clear, it's easy to second-guess every page. You adjust the introduction. You keep adding new angles. You take more notes. And you still don't feel confident the pages you're writing belong in the same book.

This snapshot helps you decide a few things first, so the next pages you write move the book forward.

In about 10 minutes, you'll:

- Name what your book is really about
- Choose a specific ideal reader
- Use a simple focus filter so you stop trying to include everything

You're not locking yourself into a lifetime contract with one version of this book. You're choosing a center so you can write from a clearer place.

Narrowing doesn't mean you're losing something. It means you're choosing what belongs first.

Set a 10-minute timer. Move fast. Choose the best answers you have today. You can revise later. The goal is to stop reopening the question every few days and get back to writing with direction.

NAME YOUR THEME

If you can't name the point of the book yet,
everything feels harder than it needs to.
This page helps you choose the center.

Note: If you are torn between two themes,
pick the one that would still matter if the details changed.

My book is really about:

The question it is answering is:

The decision this book helps my reader make is:

When my reader finishes, she will feel/know/do:

CHOOSE YOUR READER

Your reader isn't everyone. It isn't "women like us."
Name one specific person you can picture
picking up your book.

I am writing for a reader who:

She is in a season of:

She wants:

She is tired of:

My reader is not everyone. She is:

THE FOCUS FILTER

This is how you stop writing everything
and start writing with intention.

My book in one sentence:

This book is not about:

My ideal reader is:

The three moments that must be included are:

What I can leave out for now is:

NEXT STEPS

Over the next week, let this sit. Notice what still resonates. Go ahead and schedule time with yourself to review in 7 days.

Over the next 7 days, write any thoughts/revisions to the theme that arise:

Does that ideal reader still fit who you want to write to.

List 10 moments that support that theme.

-
-
-
-
-
-
-
-
-
-

Circle the 3 that feel most alive.

When clarity raises new questions ...

If you filled this out and thought, “Okay... now what?” you’re not alone. This snapshot helps you choose a clear center for your book. The next step is using it to keep writing without reopening the question every few days.

If you want a sounding board and a clear next step, bring this snapshot to a discovery call. Details are on my website at valeriecantella.com.



VALERIE CANTELLA
BOOK COACH | STRATEGIST