

# The 15-Minute Book Momentum Starter

Because "someday" becomes much closer when it gets a calendar appointment.

Set a timer for 15 minutes. Write fast. Write imperfectly.

The goal is momentum, not a marble monument.

## 1 Name the book idea

Working title, topic, or "the book about..." is enough.

My book idea:

## 2 Identify the reader

Picture one real person. Not "everyone." Everyone is very hard to mail a book to.

This reader is:

They are struggling with:

## 3 Write a rough promise

Complete the sentence. Awkward is allowed. Clear beats clever today.

This book helps

move from

to

so they can

In my own words:

## 4 Choose today's next step

Pick one action small enough to finish today.

Create a book folder or notebook section

Record a 3-minute voice note

Brain-dump 10 possible chapter ideas

List 5 questions my reader is asking

Write 150 rough words

Schedule my next 15-minute writing session

Other:

I will do it by:

### My calendar appointment:

Date/time:

Place:

First action:

Tiny start, real progress. A book is built one honest page, paragraph, or sticky note at a time.