

FILL THE BLANK PAGE

Starter Kit





“Tell the truth,
or someone
will tell it for
you.”

— Stephanie Klein

Reflect on that quote from Stephanie Klein.

How does it make you feel?

Does the thought of losing **the chance to tell your unique story** get under your skin?

Hi, I'm Amy Ayres, founder of **Fill the Blank Page**™ an online resource that can help you face the fears and blocks keeping you from writing memoir.

You might be at many different stages in this journey. That's okay.

I'm here to help.

This **FREE Fill the Blank Page Starter Kit**™ gives you an overview of the guided content that is available to you when you are ready to fill that blank page. Ready? Great, me too. Let's go!

1



2



3



4



Fill the Blank Page with **Characters**

Consider these questions to get started (Do this exercise as many times as you want) :

Write down the name of a person you know very well. Then take some time to describe their appearance in detail.

What are some signature phrases you've heard them use?

Is this a positive relationship or a strained one? Talk about why.

Opt-in for a **FREE Building Characters pdf** and look for an email from me for the guided goal tracker webinar.

Fill the Blank Page with **Events**

What happened?	Where did this happen?	Who else was there?	What is the significance?

Opt-in for a **FREE Event Log booklet** and look for an email for me for the guided Event Log webinar.

Fill the Blank Page with your **Intuition/Feelings**

This might be scary for you...but...

Did you ever consider writing a memoir about the people in your own life?

And what if you could put **the events of your life on the page** vividly in order to tell your story the way it needs to be told and it no longer lives just inside your own head?

Think about it.

What are the connections between the most significant people and the most significant events in your life? How could you benefit from writing about them?

Opt-in for a **FREE Intuition Journal** and look for an email for me for the guided **Intuition Journal webinar**.

Fill the Blank Page with your **Goals**

And what if your goal right now is to simply Fill the Blank Page?

That's okay. You can keep track of that too.

If you have other goals in mind for these exercises, consider tracking them also to 1) **see your progress** and 2) to make a mental note of **where you want to go in the future**.

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
To Fill a Blank Page	Wrote about Characters in my life	Took stock of events in my life	Considered how I can benefit emotionally	Started a Goal Tracker			
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Opt-in for a FREE Goal Tracker booklet and look for an email for me for the guided goal tracker webinar.

Thanks for going on this journey with me!

When you **delve deeply enough** and **become unafraid** to explore the ins and outs of your intuition in your life, it's only a matter of time before the words start to flow...

If you **opt-in to our newsletter course** you will have access to more of these handouts, journals, checklists, etc. that will help you on this journey of self-exploration.

You will also have access to **1:1 consults with me** and the chance to sign up for guided webinars with me and others on this journey.

Stop staring at that blank page and fill it!

Hope to see you there!

