

Pick 3, Plan 3: Writing Progress Guide

A Self-Guided Challenge for Nonfiction Authors

Welcome

You're here because you have something to say, and this guide is your invitation to say it with purpose. Whether you're starting a new nonfiction book, refining your concept, or pushing through a writing plateau, this challenge helps you focus, plan, and progress.

You'll choose 3 nonfiction book topics, 3 writing goals, then create 3 actionable steps for each. It's simple, powerful, and designed to move you forward quickly without burnout or overwhelm.

Step 1: Pick Your 3

Choose 3 nonfiction book topics that feel meaningful to you right now.

Do your best to come up with **3 related topics** you can fuse together into one (It gives you more to work with and gives your idea more depth and nuance)

Keep in mind these are things that make your book stand out as "special," and things you are itching to tell the world:

Choose 3 goals writing goals you want to accomplish TODAY.

These could be:

- A new way of brainstorming
- A book idea you've been sitting on
- A chapter you need to finish
- An outline you need to start
- A research topic you want to explore
- A writing habit you want to build
- A platform-building task

A writing schedule
Free space for something else

Prompt:

What are three writing goals that, if completed, would make you feel proud and energized?

Your Picks:

- 1.
- 2.
- 3.

 **Step 2: Plan Your 3**

Now break each goal into **3 specific, doable steps**. These should be small enough to complete in one writing session, but meaningful enough to build momentum. (ex. *Research a topic (Monday), Work on my outline (Wednesday), Think of cover design ideas (Friday)*)

Goal 1 (Day 1):

- Step 1: _____
- Step 2: _____
- Step 3: _____

Goal 2 (Day 2):

- Step 1: _____
- Step 2: _____
- Step 3: _____

Goal 3 (Day 3):

- Step 1: _____
- Step 2: _____
- Step 3: _____

Writing Session Tracker

Use this tracker (or make your own) to log your writing sessions and reflect on your progress. (Try to do this for 3 days in a row, or 3 days out of one week.)

Reflection Prompts

Use these prompts to check in with yourself weekly or after each goal is completed:

- What surprised me about my writing this week?
- What is something new I found that felt good to start?
- What resistance did I feel, and how did I move through it?
- What's one thing I'm proud of?
- What's one thing I'll do differently next time?

Final Thoughts

You don't need to write the whole book today. You just need to show up for your ideas. This guide is your permission slip to move forward and keep going.

Bonus questions just for Brew Summit attendees:

Reflection Journal Pages

Let's start journaling and brainstorming the "right way," meaning the way that works for you. Does pencil work better than pen? Would you rather record audio of your thoughts, or talk them out with a writing partner or friend and jot them down later? Does a traditional journal not work for you? What about a large spiral notebook Is a digital one better? Remember: there are no rules!

What is missing from your current brainstorming sessions? What can you start to do that would make you feel more motivated and productive?

Take some time for deeper reflection:

- "What's *really* working? What feels *good*?"
- "What isn't working and feels *gross*?"
- "What fears are showing up?"
- "Why do I keep stopping?"
- "What energizes and excites me and how can I keep track?"
- "What steps can I take with my good ideas to move closer to success?"

For every question you have for yourself, think of 3 more. Your goal here isn't to question yourself to death, but to find answers that feel real and authentic.

Final Roadmap Page

We've picked 3 goals for 3 days. So what's next? What 3 things can you do in each of the 3 categories in the next month (week by week)?

Next 30-day writing plan (and on...)

Brainstorming

- Week 1: _____
- *(ex. find a way of brainstorming that feels good)*
- Week 2: _____
- Week 3: _____

Outlining & Writing

- Week 4: _____
- *(take my ideas and outline them in a way that feels good.)*
- Week 5: _____
- Week 6: _____

Editing, Formatting, Cover Design, Marketing, etc.

- Week 7: _____
- *(do a first round self-edit, find an editor, etc.)*
- Week 8: _____
- Week 9: _____

(Can you go out of order and jump around? You sure can! Do what feels good!)

Now what? Think about what progress looks like for YOU:

- Publishing goals?
- Accountability options (join a writing group)
- Networking with other nonfiction writers?

Remember the next steps are yours to pick and choose and do the way that feels good to you!

Best of luck and don't forget to email me with questions: amyayreswrites@gmail.com