

# WHAT'S

DEAR FUTURE AUTHOR



DO YOU DREAM OF  
WRITING A BOOK?

Who am I to write a book?



HOLDING  
YOU

10 COMMON  
LIMITING BELIEFS  
THAT MAY BE  
PREVENTING YOU  
FROM BECOMING  
A PUBLISHED  
AUTHOR

I think I can help others with my expertise or with my life experiences.

I don't have time to  
write a book



**Carolyn Flower**  
International  
»—————»  
Coaching. Authoring. Publishing



BACK?

# What's Holding You Back?



## Are These 10 Common Limiting Beliefs Preventing You from Becoming a Published Author?

*“Whether you think you can, or you think you can't - you're right.” - Henry Ford*

Think for a moment about the little voice that keeps reminding you how much you've always wanted to write and publish a book. How many times have you imagined what it will feel like to hold your book with *your* name on it for the first time?

Well, whether you've just become aware of this call to write, or the urging has been travelling alongside you, whispering, nudging or poking at you for years, just knowing that you *must* write is a critical piece of the authorship puzzle. The call to write is not one you'll want to put on hold for too long because that voice won't disappear until you take action. Sadly, many choose to wait for years - even decades!

In this article, I've highlighted 10 of the most common obstacles we give ourselves permission to believe are reasons why we haven't yet embarked on our book-writing journey.

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# What's Holding You Back?



When someone tells me how much they'd love to write and publish their own book, I get very excited because I know exactly how that feels. That was my dream too, since the age of nine. I love it when someone decides to tell their story and share it with the world, because I know the ripple effect they will set in motion that will impact the lives of others.

But when I ask **WHEN** they plan to write and publish their book, these are some of the most common responses I **HEAR**:

- I have no idea where to start.
- Who am I to write a book?
- I'm not an author.
- I don't have the expertise to write a book.
- I'd like to but I've always been a terrible writer.

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# What's Holding You Back?

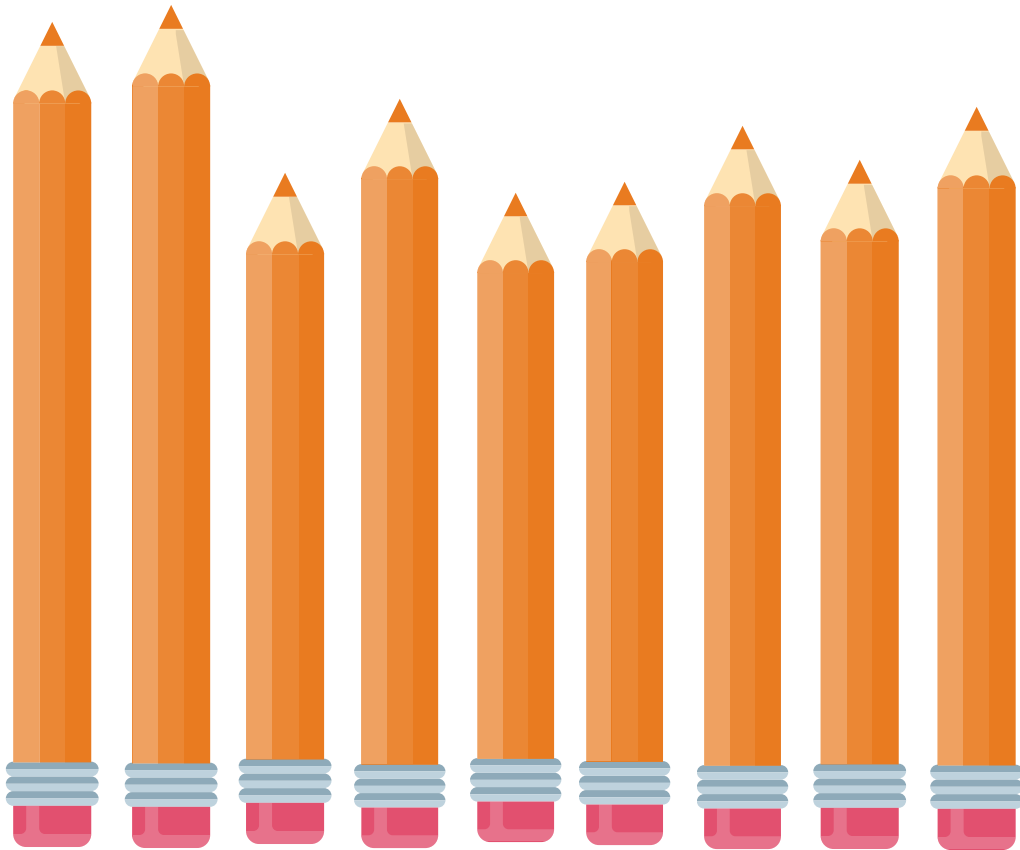


- I don't have time.
- There are too many things to learn about publishing.
- Who would read my book anyhow?
- What would people say?
- I'll begin next week, next month, next year.
- Everyone tells me I should write a book.
- My friends tell me I'm crazy.
- It's been a dream most of my life to write a book.
- I think I could help others with my life experience.
- Don't I need a degree to write a book?
- I've overcome adversity, but why would anyone read my story?
- If I had someone to help me along the way, I might consider it.
- I'll never be able to get the book written, I may as well just accept it.
- It all sounds so complicated; I'm not even going to begin.
- I'm not good at sales or promotion so my book will never sell.

**If any of these sound familiar, you're not alone!**

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# So why do so many aspiring authors put their creative ideas aside?



## Why procrastinate when you really know what you want to accomplish?

You know (not always consciously) that you have a treasure trove to share with the world and you've probably been told on numerous occasions how you really "should write a book". These nudges may mirror your own thoughts about how you must write, or the opposite - that the notion of your becoming a published author is outrageous or ridiculous.

You may have dismissed these clues or have silently acknowledged them, filing them away for another time, thus allowing your limiting beliefs to take over. The truth is, once you have heard or felt the call to write, there really is no way to un-hear or un-feel it.

It's just a matter of time before you answer that call. How long, is entirely your choice to make, but I'm here to tell you that sooner is definitely better and entirely do-able!

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# What's Holding You Back?



## FEAR

The reason why most people delay writing their book is that common four-letter word. Fear is disguised as perceived obstacles and roadblocks.

Notice how you feel when you think about your dream of publishing your book? Do you experience feelings of excitement and passion or unease and discomfort? A series of messages are delivered to your brain every time you think about it, or engage in conversation with others. These messages relay feelings and emotions that lead to fearful outcomes you may have (falsely) identified as undesirable. The urgency attached to setting and achieving your goals depend on how you choose to frame it: *Should I?* or *Must I?*

You'll notice your body responds differently when you feel you "*should*" (write a book) or more urgently, you "*must*". Our internal message system determines the speed of our actions and outcomes. How we proceed is directly linked to our own belief system.

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# What's Holding You Back?



## LIMITING BELIEFS

A belief is an assumption we make about ourselves, others, the world around us and how we expect things to be. A belief is a feeling or certainty about what something means and what we think is true, and what we therefore perceive as a set of consequences or results from our behaviour.

We see our future through the lens of our past. So depending on your belief system and the quality of its voice and strength, that reinforces limiting messaging to you will determine whether you decide to categorize your goal of writing a book into a “*should*” or a “*must*”.

We are often the one person standing in our own way because of a belief system that limits our success for a number of reasons. We imagine obstacles in the context of our own limiting belief system.

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# What's Holding You Back?



I've had the great pleasure of co-creating with dozens of aspiring, emerging and bestselling authors. In all cases, varying versions of their themes below showed up in the process of taking their book dream out of their heads and courageously putting pen to paper and then sharing their published work with the world.

They overcame their fears and limiting beliefs in order to get out of their own way, and to help others with their mission and their message. They learned to focus on their *"why"*.

What's your mission and your message? The sooner you identify it, the sooner you'll feel empowered to take massive action to achieve your dream of writing and publishing your book. Knowing you are in a position to inspire others, may be the key to shifting your *"should"* to a *"must"*.

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# LIMITING BELIEFS

Here are the 10 most common self-imposed limiting beliefs or “obstacles” that may be preventing you from becoming a publishing author.

## 1. No Time

When we prioritize a desire and turn our “*should*” into a “*must*”, it’s amazing how we make the time to get the job done.

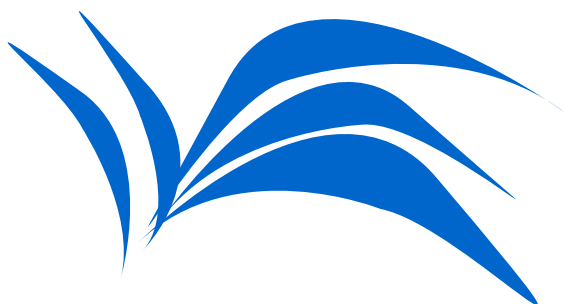
When we imagine the feeling of the goal achieved in the present tense, we connect to the feeling of accomplishment. This motivates us into action.

When we learn to make our own dreams a priority, we make the time to show up.

## 2. Lack of Information

It’s an easy one to fall back on, because there is a lot of information out there that is not always reliable and in an aspiring author's best interests.

If we are serious about achieving any goal, we must ask the right questions and are led to the right people that will give us all the information we need to make the right decisions. The answers are there for the asking.



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# LIMITING BELIEFS

"I can't afford to do this"  
"Who am I to author a book?"

## 3. Lack of Money

"I can't afford it right now", is common and while I agree it's a legitimate concern, most jump to conclusions without properly exploring all their options. Your book will inspire and help improve the lives of others, as well as your own. There are a multitude of ways of achieving a goal if you have an expert to help open up the possibilities.

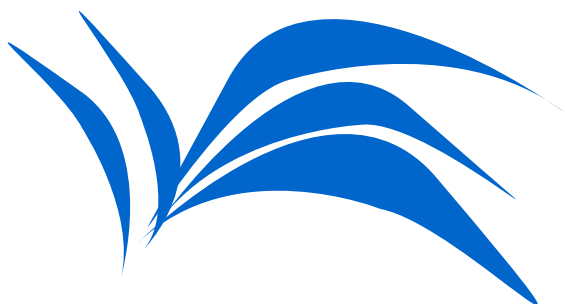
We will often justify helping others before we invest in ourselves. Ask yourself if you've really explored all avenues where you may be able to raise the funds? When you are truly laser-focussed on any goal, and make a clear decision to achieve it, you'd be surprised how opportunities and the means will find you, allowing you to afford it.

## 4. Feeling Overwhelmed or Stuck

Your mental attitude determines how you process all the moving parts of your life. If you are living in a beautiful state, you will find joy, feel gratitude and feel more able to manage life's challenges.

If you are living in a suffering state, you slip into a darkness that invites anger, frustration and loads heavy up on fear.

LEARN to rely on yourself to change your mental attitude by offering yourself kind words, patience, love and understanding, and a generous amount of gratitude. This will help move you out of overwhelm and more able to allow yourself to embrace a new goal.



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# LIMITING BELIEFS

"I don't know anything about publishing."  
"Who would read my book anyway?"

## 5. Distractions

Don't get me started on this one! We are in control of these exterior elements that drain our energy, zap our creativity and through our own habits, prevent us from focussing on taking consistent action toward goal achievement.

Although living in a techno-world of terrific gadgets, apps and convenient ways of keeping ourselves organized, sometimes these only serve as added distractions from our purpose and gets in the way of our drive and determination.

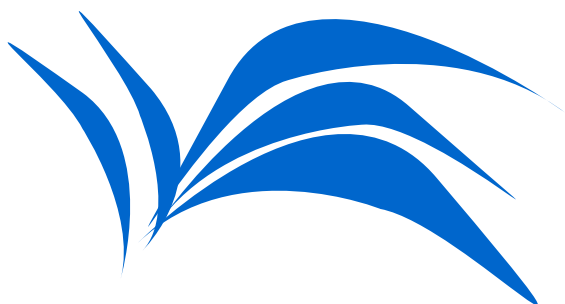
Make a decision to manage your activity by setting aside time to write without interruption. If you're disciplined and consistent, you'll achieve great results.

## 6. Listening to Others

Some rely on the opinions of others - family, friends, peers, colleagues – those outside of themselves for direction. We usually know what we want, but allow the judgment of others to create doubt in ourselves: “you won't be able to write a book”, “you're not a writer”, “you're just dreaming in technicolor”.

Listening to your own inner voice, your intuition is vital because we have all the answers we need within. Make time for quiet daily reflection, and be grateful for your ability to make sound and wise decisions. It's in that meditative time, away from any exterior influences, that you'll hear the voice that will guide you.

If you choose to listen, you are on the right track to greatness.



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# LIMITING BELIEFS

"I'm a terrible writer."

"I'll focus on it after this project is complete."

## 7. Lack of Ability

This is an issue of self-doubt and fear. You have far more talent than you give yourself credit for; I am witness to this with almost every aspiring author I meet. "But who am I to author a book"? I've been writing my whole life and even I've heard those words inside my own head. The question is: "who are you NOT to author a book? And if not you, then who?"

The word author comes from the word authority – and only you have the unique authority on the specific subject you are writing about from your point of view. Nobody else has lived your experiences or has your perspective. The ability to write down what's in your heart only requires that you can hold a pen or type. As long as you can hold a pen or type on a keyboard or speak into a device, you're able to write.

The book-publishing process offers editing services, to hammer out the rough edges.

## 8. Timing's not Right

I'll write the book next month, next year when... the time is "right", is like watching a hamster run on a wheel – you never arrive at a destination. Putting it off until later is a short term strategy because life demands that we prioritize.

The cure is to determine why you want to write your book; the value this will bring to your life and to others. When you determine the why, the how will find you and you'll feel motivated to set a timeline, a goal – so you're not always aiming at a moving target. Procrastination kicks in because it's much easier to claim you're "writing a book" than "I am a published author".

Imagine yourself already having achieved the goal, get emotionally attached to the outcome, and then give your goal consistent attention and action through to its achievement, is the only way to get from zero to blast-off at anything, including authoring your book.



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# LIMITING BELIEFS

"I'm a terrible writer."  
"I'll focus on it after this project is complete."

## 9. Fear of Success

Some don't believe they deserve to be successful. Mark McGuinness explains in *Empowering the Creative Community*: "Have you ever found you're on the verge of a big success, and notice things starting to go wrong? You feel agitated, and the tiniest details irritate you? These are symptoms this fear – a condition that is all the more dangerous because it's so unexpected. You want to be successful, and work so hard, so why would you sabotage yourself? But in our success-oriented culture, we don't give much thought to the fact that success can be downright scary. We're used to seeing fear as the enemy, so we do our best to ignore it and soldier on which means the fear remains subconscious, appearing as strange behaviors." What's helpful is to determine the source of the fear and navigate through it with clarity and ease with expert guidance.

## 10. Fear of Failure

This obstacle shows up often. We send messages to ourselves, and we default to a lack mindset. In Chapter 13 "Steering Your Thoughts to Positive Results" in my bestselling book *Gravitate 2 Gratitude*, I write: "Our thoughts are where we begin, but it's important that we extend our awareness to how we speak and the language we use to express ourselves as well."

What quality are the messages we convey to ourselves and to others? We get caught up in "I can't" patterns of thinking or speaking. If we continuously tell ourselves and others that we can't achieve a thing, chances are, we will fulfill that prophesy. Imagine what we could achieve with an "I can" attitude?

The possibilities are endless. Turn to the next page for a few examples of the differences:



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# I can't v I can



We've never done it before.

We have the opportunity to be first.

There's not enough time.

We'll re-evaluate some priorities.

It's a waste of money.

The investment will be worth it.

It can't be done.

It will be a challenge.

Let someone else deal with it.

I'm ready to learn something new.

It's not my job.

I'll gladly learn something new.

We don't have the expertise.

We'll network with those who do.

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# RECEIVE OUR FREE RESOURCES AND GET STARTED TODAY!



## I want that little voice in my head to STOP! I'm READY to chase my dream of writing my BOOK

Have you now identified ways you may be standing in your own way by creating obstacles linked to limiting beliefs? If so, simply ask your self this:

**Am I willing to let go of what's holding me back and do things differently, seek out reliable, proven resources that will guarantee I move forward and achieve my goal? Am I willing to do more to get more?**

If you had a professional team for guidance and support from start to finish, to motivate you to set (and achieve) your goals, design, edit, promote and de-mystify the process with a results guaranteed all-inclusive solution that answers all your questions (some you don't even know you have yet) - would you consider embarking on this journey to bring this book dream of yours to life? It is my hope that you will!

It's all up to you. You have everything you need to make your book dream a reality right now! If your answer is YES, click on the link below and complete the Author Questionnaire. You'll receive FREE author resource downloads delivered to your Inbox from Team Oxygen that will help you set sail on your author journey today. We'll send you a goal-achievement proven tool to track your progress, a GPS to map out your book and learn about your independent publishing journey and if you are ready to begin today, an opportunity for an in-depth 30-minute Strategic Author Immersion call with Carolyn Flower, CEO and Founder of Oxygen Publishing and the International Academy of Authorship. I look forward learning more about your vision for your forthcoming book.

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