

# Module 1 Session 2 Transcript

[Timestamps are in brackets]

Hello, and welcome to Session 2 of the Dreamer to Doer course. If you didn't check out Session 1, make sure you do so so you can get the most out of this course, like using this platform and obtaining your course materials.

First off, let me thank you for being here in the first place, and congratulate you on your efforts to make writing a priority in your busy life. I can't wait to help you reach your goals, and I don't know about you, but I'm SUPER excited for you to be here!!

This session is about the course—what you're getting, and *why* I ended up creating this course.

So why do so many of us get caught in “dreamer” mode as opposed to “doer” mode?

[0:53] The dreaming is the doing—it's a one-step process that doesn't really require planning or deadlines. You just sit down and you dream. Usually for me this involves lots of research. I'm a hyper-researcher which means I tend to be a hyper dreamer. I can sit for *hours* researching the smallest things and running imaginary numbers and dreaming of a day when I'm on a talk-show telling the world all about my book.

I know I'm not the only one that does that.

Doing requires multiple steps with sometimes complicated processes in order to reach our biggest goals. Even small goals require planning before the doing, even if it doesn't take long.

In essence, dreaming is easy. Doing can be hard.

So a little back story about myself here before we get too far.

[1:51 ] I grew up with a million different hobbies because I loved to dream. It was like dreaming was my biggest hobby and everything else was a subcategory of dreaming. If you can name a hobby, I wanted to do it. I would get fixated and research and dream but then when it came time to *do* the thing, I wouldn't stick with it for very long before moving onto the next hobby. Because the doing part, the discipline, was the hard part. And it took me a while to figure out where I was going wrong.

I built this course on the tripod of Time, Focus, and Motivation. If you're missing one of those legs, the *doing* gets so much harder.

When I decided to take writing seriously, I found myself periodically struggling. I *knew* I wanted to be a writer, but saying it wasn't the same thing as doing it. I heard toxic things like "If you don't *make* the time to write, and write even when you don't feel like it, then deep down you're not dedicated enough, and you don't really want to be a writer." I would feel so awful, and depressed, and just in a negative mindset when I fell off the wagon because I doubted my dreams.

**[3:11]** People who say things like that couldn't be further from the truth. DO NOT LISTEN TO THEM! We are all on our own journeys, with our own responsibilities and obligations. Switching from dreamer to doer isn't something that comes easily for most of us.

Which is why I think this course will be so beneficial to *you*.

I'm not a planner. I never have been. I can trick myself into thinking I am for extended periods of time, but it's not the planning part I like. Being a doer is hard for me, and I've had to struggle to figure out how to tweak my habits to *become* a doer for all the things I've dreamed of doing.

**[3:57]** This isn't a course created by someone who's always had an easy time getting things done. Who can make a list and set to work crossing everything off without getting distracted, without losing motivation, even if I *had* made the time to do those things.

Everything in this course was created by me—someone who's not naturally a planner. I know that these tips work, because it's exactly what I've done to change my mindset, to *make* the time to write, and to tackle issues of motivation and focus along the way.

Even now, I wouldn't say I'm a planner. I'm a doer. Yes, that involves planning, but like I said, I don't like the planning part so much as the doing. And the doing is the important part that sometimes gets lost when we're too focused on planning.

**[4:53]** I get SO MUCH MORE done now with less time than I ever have, and I *feel* so productive every day, and it feels amazing. I remember having days when I would get so much done during the day, but still somehow feel like a failure because I spent an hour watching Netflix when I could have been working. That's not sustainable. If you want your creative outlet to last, you need a healthier balance, which is a primary focus of this course.

Creativity is a natural drive that humans are born with. It doesn't matter what your outlet is, architecture, or cars, or painting, or child services. You're *creating* something, whether it be a physical thing or an environment for you or someone else to benefit from.

It is in our DNA. So *many* people hear that creativity calling through a book they want to write. I polled my audience and found that nearly 38% have less than 2 hours a week to write, and over a third of those people have ZERO hours to set aside for writing. We're all on our own journeys and although you may already have more time to write every week, this course is also about having the focus and motivation to use that time properly.

**[6:17]** So let's talk about what you're getting, even though I'm sure you've already explored this course a bit.

Module 1, this module you're in right now, is the Introduction to the course, and just helps you get settled in and pumped up to make the changes necessary to write your novel. Module 2 is all about preparing yourself as best you can for productivity and time management, Module 3 is the action phase, where I'm giving you the "do" part of this course, and Module 4 discusses roadblocks you may have along the way, because nothing's perfect, and I give you tips to overcome those roadblocks.

**[7:00]** Over Modules 2 & 3 (the Preparation, and Time to Act modules), we'll be addressing the "time" portion of the tripod, because that's the first step in writing and publishing your book. Without the time to write and learn, you won't be able to improve and you won't be able to draft and spend the time required to get your book to publication. Without the time, your dream will always stay just that—a dream.

Also in Module 3 is the "focus" leg. So you've made the time, or are taking the steps to make the time, but what happens when you sit down is just as important if you want to reach your goals. We're going deeper than just distractions here and really getting to what will help you stay as focused as possible during those precious hours of writing time.

**[7:57]** Module 4 (titled Roadblocks) addresses motivation and overwhelm. So you've made the time, you have the focus, but you just don't feel like working. Something is getting in the way. I'm going to help you identify what's getting in the way and give you steps to pull yourself out of that funk and get to writing.

Again, if any of these things is lacking, you'll find yourself struggling to shift from Dreamer to Doer.

Before we jump into the meat of the course, next up in Session 3 I'll take you through common pitfalls and where people may fall short in reaching their dreams. Recognizing there's a problem is the first step in overcoming that problem.

That Session will switch to a slideshow and voiceover, and we'll switch back and forth throughout this course just to keep things interesting.

See you in Session 3!