

# SHOULD YOU WRITE A SELF-HELP BOOK?

## LET'S FIND OUT!

**1**

ARE YOU AN EXPERT ON A PSYCHOLOGY, HEALTH, OR WELLNESS TOPIC?

DO YOU WANT TO HELP OTHERS WHO STRUGGLE?

**2**

**3**

CAN YOUR HEALING MESSAGE & INSIGHT TRANSFORM LIVES FOR THE BETTER?

WOULD YOU AND/OR YOUR WELLNESS BUSINESS BENEFIT FROM MORE NAME RECOGNITION?

**4**

**5**

DO YOU HAVE A UNIQUE APPROACH TO OR INSIGHT INTO YOUR TOPIC OF EXPERTISE?

DO YOU DREAM OF HAVING MORE INFLUENCE IN YOUR INDUSTRY OR TOPIC OF EXPERTISE?

**6**

**7**

ARE YOU READY TO COMMIT TO YOUR BOOK PROJECT AND THE TRANSFORMATION IT PROVIDES?