

*Lesson 10:  
Staying Positive*




**Find a Publisher  
for  
Your Children's Book**



*with award-winning author Denise Vega*


- *PowerPoint Slides*
- *Positivity Resources*
- *Submission Affirmations*
- *Affirmation Cards*

*PowerPoint  
Slides*



## Positivity Practice

- Who has the power?
- Passion projects
- Thick skin techniques
- Rejection resiliency



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## Who has the power?

- If you've given away your emotional power, take it back!
- You can't control someone else's response to your story, but you can control your reactions and responses ☺



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## Passion Projects

- It truly, truly IS about the writing. Publication is fantastic, absolutely, but the excitement eventually wears off. Goals and achievements... "should enhance our happiness while allowing us to appreciate what we already have." (*Live Happy Magazine*, October 2014).
- Make sure you are always working on something that gives you great joy and feeds your excitement.
- This doesn't necessarily have to be a writing project, but I'd encourage you to have at least one passion project that is a writing project so you have something to get excited about submitting



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## Thick Skin Techniques

- Remind yourself of your greatness every day
- Remind yourself that it's a business
- Use the Submission Affirmations in the Resource Document to keep you on track
- Keep submitting!



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## Rejection Resiliency

- Do your best to remember the publisher or agent is not rejecting *you*; they are passing on your manuscript for a variety of reasons that may have nothing to do with the quality of your story
- Send positive thoughts to the person who sent a pass
- There's no such thing as failure - only lessons to learn. If there's feedback, what can you learn from it? If there's no feedback, but you've been using the same query or pages, find someone to give you feedback!



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## Biggest Newbie Mistakes

- Giving away your emotional power
- Putting all your hopes on one manuscript



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*Resources for  
Maintaining a  
Positive Outlook*

## Fantabulous Resources for Maintaining a Positive Outlook

### Denise's Blab-o-Tips and Free E-Book ☺

I offer tips and inspiration for picture book and novel writers, as well as Jumpstart Monday prompts every Monday and Market News the first Thursday of every month. Subscribe and receive my free e-book: *Believe You are a Writer: Tips and Encouragement for Your Journey*

### [The Truth Behind 3 Happiness Myths](#)

A shortened version of the article "Breaking the Happiness Myths" by Paula Felps (*Live Happy Magazine*, October 2014)

Writing inspiration tweets on Twitter  
#writinginspiration

### [Writing and Reading Humor](#)

A wonderful Pinterest board with quotes and links for writers and readers.

### [Writing Fun and Humor](#)

Another fun Pinterest board; this one aimed mostly at writers, not readers.

*There are a lot more resources out there and use what you need; just don't forget to come back to the writing☺.*



*Submission  
Affirmations*

## Submission Affirmations by Denise Vega

Inspired by Julia Cameron's Creative Affirmations in *The Artist's Way*.

- 1 I am a creative storyteller with stories only I can tell.
- 2 I am a believer in myself and in my stories.
- 3 I am not the stories I write, though they may have elements of me in them.
- 4 I have stories worth sharing and therefore worth submitting.
- 5 I am excited about sending my stories out.
- 6 I release my story once I've submitted it and move on to other projects.
- 7 I am immersed in and excited about my newest project.
- 8 I allow myself to feel disappointed if I receive a pass, but look forward to the lucky agent or editor who will love the story the way I do.
- 9 I allow myself to feel elation about an acceptance, seeing it as a natural step in my journey.
- 10 I find joy in the writing process and am so grateful I get to write stories.





# *Submission Affirmation Cards*

- *Large Cards (4 x 3.3)*
- *Small Cards (3.5 x 2)*

I am a creative storyteller  
with stories only I can tell.

I am a believer in  
myself and in my stories.

I am not the stories I write,  
though they may have elements  
of me in them.

I have stories worth  
sharing and therefore  
worth submitting.

I am excited about  
sending my stories out.

I release my story once  
I've submitted it and move  
on to other projects.



I am immersed in and excited about my newest project.

I allow myself to feel disappointed if I receive a pass, but look forward to the lucky agent or editor who will love the story the way I do.

I allow myself to feel elation about an acceptance, seeing it as a natural step in my journey.

I find joy in the writing process and am so grateful I get to write stories.



I am a creative storyteller  
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