

# 25 Reasons

## WHY YOU SHOULD WRITE A BOOK\*

\*Write a book...or really, make anything of any kind. It could be a performance, song, video, painting, speech, seminar, class, or something else your "hut" (heart + gut) wants to create.

# Because...



your project might help one human being to feel less alone, feel hopeful and inspired, and have a better day. And helping one person is a big deal.



# Because...



your project might change someone's life. Or even save a life. (You never know how many people your book will reach, or how your words will impact their heart.)



# Because...

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there are voices in your head that say, “You can’t do this,” “This is stupid,” “Nobody will care about this,” “You don’t matter.” And you don’t want to let those voices win.



# Because...



when you think about doing  
it, your body feels energized,  
lifted, like you're spiraling  
upward, like your cells are  
saying yessssss.



# Because...



when you think about not  
doing it, you feel sad.



# Because...

you don't want to reach the  
end of your life with goals  
unrealized, and dreams  
unwritten.



# Because...

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it's been on your mind for years and you're tired of having this idea floating around your noggin and you want to just do it already.





# Because...

it's really fun to throw yourself a book release party (even if it's a socially distant party), and celebrate this milestone with people you love.



# Because...

if you write a book, then  
you can sign it and mail it to  
everyone you love and then  
all your holiday shopping is  
#done.



# Because...



you want to add “author” to  
your bio or résumé.



# Because...

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“Sorry, I can’t do that, I need to focus on writing my book, I’m on a writing deadline” is a really great excuse that gets you out of pretty much anything you don’t want to do. LOL.



# Because...

it feels amazing to hold the  
finished book in your hands!!!



# Because...



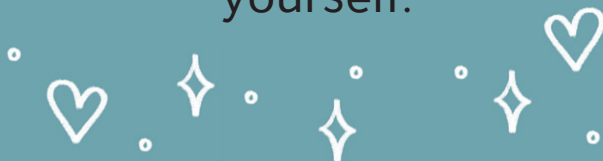
writing a book can unlock the door to exciting things, like new clients, media opportunities, speaking engagements, handwritten fan mail from a teenager who lives across the world, nominations, awards, and total surprises that you never saw coming.



# Because...



it feels incredibly satisfying to finish a project of any kind. When you say, “I am gonna do XYZ” and then you actually do it, it’s like adding a gold coin to your confidence bank. You feel solid. Reliable. Proud of yourself.



# Because...



being a writer / artist /  
author is sexyyyy, and  
that's a fact.

Sexy



# Because...

you've already written 10  
books worth of emails this  
year, so why not write an  
actual book?



# Because...



(perhaps) you belong to a marginalized group, and for centuries your voice has been silenced, and by writing a book, you are reclaiming your voice and putting yourself firmly in the world... to be seen and heard. And that's a big deal.



# Because...



you have something to say.



# Because...

you love working with clients 1-on-1, but you have a message that needs to reach more people, and you can't be everywhere at once, but your book can!



# Because...



something painful happened  
to you, and you want to  
“create meaning” out of the  
experience, and share what  
you learned, so that others  
can heal too.



# Because...



your kids and grandkids  
will love reading what you  
wrote 50 years from now  
when you're no longer here.  
A piece of your heart, and  
your voice, remaining with  
them, always.



# Because...



you want to make beautiful  
things instead of making  
excuses.



# Because...

you want to create  
something purely just for the  
joy of creating something.





# Because...

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you want to dedicate the  
book to your mom, show her,  
and see her happy tears.



# Because...



you just want to do it.  
Period.



# Because...



Just wanting to do  
something is reason enough,  
and maybe the best reason  
of all.

*Alex & Lindsey*

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have to be complicated.

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