“You’re hiding behind your writing.”

“Guts: The Decisive Ingredient”

**Getting past masks and expectations:**

Be honest with yourself.

Be brave. Are you willing to bare your _______________?

Reevaluate your ego—on what is it based?

Quit trying to impress people.

This doesn’t mean start cussing and being vile. (Note publishers’ parameters.)

**Questions:**

How do you want to appear? Who are you trying to impress?

Whose opinion are you concerned about?

Is there anything you’re afraid to say?

What are you willing to risk?

If you could say anything and still be accepted by people you care about, what would you say?

**Principles:**

Write from your heart to other people’s hearts.

Write what most people keep secret.

Write without constraints—modify later.

Cut your heart open and bleed on the page.

Criticizers will criticize; it’s their nature. Others will appreciate.

**Examples:**