




THE KEY®

**AUTHORS & WRITERS
PROGRAMME WORKBOOK**

“Just as she wrote the final word in “The Book”, Grace heard chimes from the grand-daughter clock in the hall. It was 12.00am, December 12th. She smiled as she laid her favorite pearl and gold leaf pen down beside “The Book.” The download was complete. It was done.”

Grace by Christine Friel McGrory



The opportunity to write and self publish my first book 'GRACE' has been one of the most fulfilling things I have ever done. It has certainly been a highlight of both my personal and business careers and it marked the completion of a vision I had held for years.

The journey of publishing Grace was not an easy one. Overcoming early hurdles and blocks, removing deep seated limiting beliefs and resetting self-doubt as I built confidence in my writing ability, all featured along the way. Finding time and the right space to create was a challenge too especially as I was growing a successful personal development business across Scotland and the UK. Throw in an active personal and family life and I think you will get the picture. All of this dissolved and paled into insignificance the day Grace arrived in Glasgow from China, miraculously the day before my celebrity book launch with 200 guests! I remember vividly the feeling of excitement and awe as I unpacked a pallet of **'my books'** and held my precious 'Grace' in my hand for the first time. The sense of achievement and fulfilment in that moment has stayed with me and motivates me to move forward and beyond, every day of my life.

My book was shortlisted for one of the most inspiring books in personal development in the UK and in November 2017, an autographed copy of Grace was gifted to 100 of the performers, presenters and winners of the European MTV awards including; Rita Ora, Dua Lipa and Stormzy. Some of my other favourite celebrities like Dolly Parton, Barbara Streisand and Eva Longoria also have their own signed copy.

Last year I was signed by the US agent of two of the most prolific authors in the spiritual arena and two of my author heroes, Eckhart Tolle and Neale Donald Walsch. As a result of that signing, Grace was published by Scorpio publishers in Germany this year, a contract is in place for publication in North America and the opening of the Chinese and potentially Russian markets in 2019. For everyone who has been hounding me for what's next, you will be delighted to know that Grace will be available in audio in July and I am in the process of writing 'Faith' (Book 2) with the storylines for Book 3- 'Hope' and Book 4- 'Charity' in my imagination.

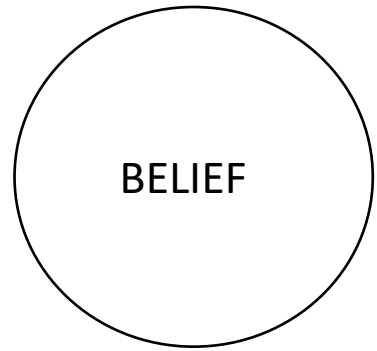
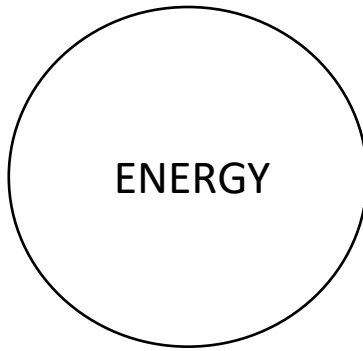
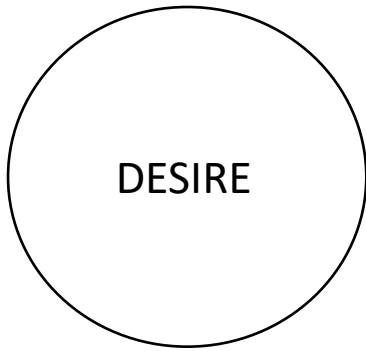
One of the most unexpected outcomes of my book publishing experience is that Grace has sparked the ambitions of many of my readers and has inspired them to write their own book. This has been the inspiration behind THE KEY WORLD 'AUTHORS & WRITERS' RETREAT.

Fortunately as a scientist, as well as the creative right brain, I also have a very process orientated left brain and was therefore careful to map out exactly how I achieved each stage of my writing, self-publishing and agent success. With this experience coupled with my network of writing & publishing industry experts, I have created a step by step retreat and mentoring programme that is relevant to writing and publishing irrespective of genre, audience, market or price point. **It is a universal process which will work for every potential author and I am very excited to be in the position to share it with you.**

CONTENTS

1. WELCOME AND INTRODUCTIONS
2. WHAT TO EXPECT
3. THE CREATION PROCESS
4. DESIRES
5. LIMITING BELIEFS
6. GREAT INTENTIONS

THE CREATION PROCESS



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DESIRE

Most people want to achieve their vision but only a burning, all-consuming, fervent and passionate desire will move them towards their vision.

Desire is an extremely potent force. It is a supreme motivator. It is a metaphysical principle of CREATION.

Desire is the energetic emanation of the human spirit that sparks creation.

Desire is the metaphysical equivalent of gravity.

Desire draws to you the thing desired, or the key elements that will attract the thing desired.

Desire is the fuel that ignites the fire that transforms your thoughts into things.

Nothing can be achieved without the ENERGY of Desire, it lies behind every thought, every action and every word we utter.

It is the energy that makes all things grow, flower and bloom.

It sparks the will to move, to live, it is life in motion. It makes us give our all.

If you do not have a desire you are not moving towards anything.

Desire enables us to expand and to reach for the imagined, the infinite.

What desires do you have in relation to your book? What would you like to achieve from it ?

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BELIEFS

**What Fears Doubts or Beliefs do I have that might hinder my progress?
ASK YOUR SELF WHO WOULD I BE WITHOUT THAT THOUGHT?**





The Power of Awareness

NEVILLE

Chapter Three POWER OF ASSUMPTION

MAN'S CHIEF delusion is his conviction that there are *causes other than his own state of consciousness*. All that befalls a man -all that is done by him - all that comes from him - happens as a result of his state of consciousness. A man's consciousness is all that he thinks and desires and loves, all that he believes is true and consents to. That is why a change of consciousness is necessary before you can change your outer world. Rain falls as a result of a change in the temperature in the higher regions of the atmosphere, so, in like manner, a change of circumstance happens as a result of a change in your state of consciousness. "Be ye transformed by the renewing of your Mind"

To be transformed, the whole basis of your thoughts must change. But your thoughts cannot change unless you have new ideas, for you think from your ideas. All transformation begins with an intense, burning desire to be transformed. The first step in the "renewing of the mind" is desire. You must want to be different [and intend to be] before you can begin to change yourself.

Then you must

make your future dream a present fact. You do this by assuming the feeling of your wish, fulfilled.

By desiring to be other than what you are, you can create an ideal of the person you want to be and assume that you are already that person.

If this assumption is persisted in until it becomes your dominant feeling, the attainment of your ideal is inevitable. The ideal you hope to achieve is always ready for an incarnation, but unless you yourself offer it human parentage, it is incapable of birth. Therefore, your attitude should be one in which having desired to express a higher state - you alone accept the task of incarnating this new and greater value of yourself.

In giving birth to your ideal you must bear in mind that the methods of mental and spiritual

CREATING SPACE

“It all began with a blank page a space to create.” Grace Chapter 21

Later in the process we will think about your time management. For now it is important to experience that when you are relaxed and at peace, creativity can flow through you.

1. Relax your body from toe to head. Relax your mind.
2. Practice your 4- 7- 8 Breath
3. Set positive intentions for positive outcomes as you begin your creative writing.
3. Give gratitude for the opportunity and your ability to write.
4. Open your eyes and write a thankyou in your gratitude journal.
5. Notes of any creative ideas that might have popped into your mind.

INTENTIONS

There is a Key in universal law. The Key is this, that inherent in every intention and desire is the mechanics for its fulfilment.

Pure potential is still until it is sparked into action by our intentions and desires, setting in motion a powerful energy and force.

Why? because your intentions and desires are normally focused on something we would LOVE to do, have or BE.

When you introduce any intention or desire in the fertile ground of LOVE, you have placed it in the care of the highest energy vibration and put the infinite organisational force in life to work for you.

When you focus your thoughts, you have the power to transform.

With this power inherent in you, you can change the energy and information of your world and cause things to be created in the most efficient way possible.

This infinite organising power is found in a flower, a cell, a snowflake, it is found in YOU.

This isn't a mystical notion because every time you want to run or lift an arm, your intention insights millions of chemical reactions which obey fixed laws of nature.

This law can apply the same power to desires and intentions far beyond your current reality.

We all have very similar desires which can be distilled to health, wealth & abundance, great relationships, a meaningful purpose and happiness.

These aren't human intentions, they are the intentions from the very essence, the source of you.

When you have a pure intention from the very core of your being, it is unstoppable, it just has to BE.

INTENTONS

What Great Intentions do you have for yourself?

For the weekend retreat?

For after the retreat?

For your writing?

For your book?

I am committed to the above because.....

SIGNATURE DATE

WHAT IS YOUR WHY?

- Change lives •
- Make a difference •
- Enjoyment •
- Cathartic •
- Reminiscing •
- Legacy •
- Creativity •
- Sell books •
- Be famous •
- Build credibility •
- Meet people •
- Open doors •
- Leave a legacy •
- Teach something •
- Become an expert •
- Hobby •
- Tell your story •
- Travel •
- Become a speaker •
- Create awareness •
- Do TV interviews •
- Earn money •
- Stretch yourself •
- Influence your industry •
- Influence other people
- Get speaking opportunities
- Build your brand
- Promote yourself
- Promote your business
- Position yourself as an authority
- Meet famous people
- Educate
- Reach
- Impact others
- Interested in authors
- Raise your profile

START WITH THE WHY?

WHY? WHAT IS THE POINT, PURPOSE OF YOUR BOOK?

HOW? IS THIS RELEVANT TO YOU?

WHAT? IS YOUR MESSAGE?

WHO?

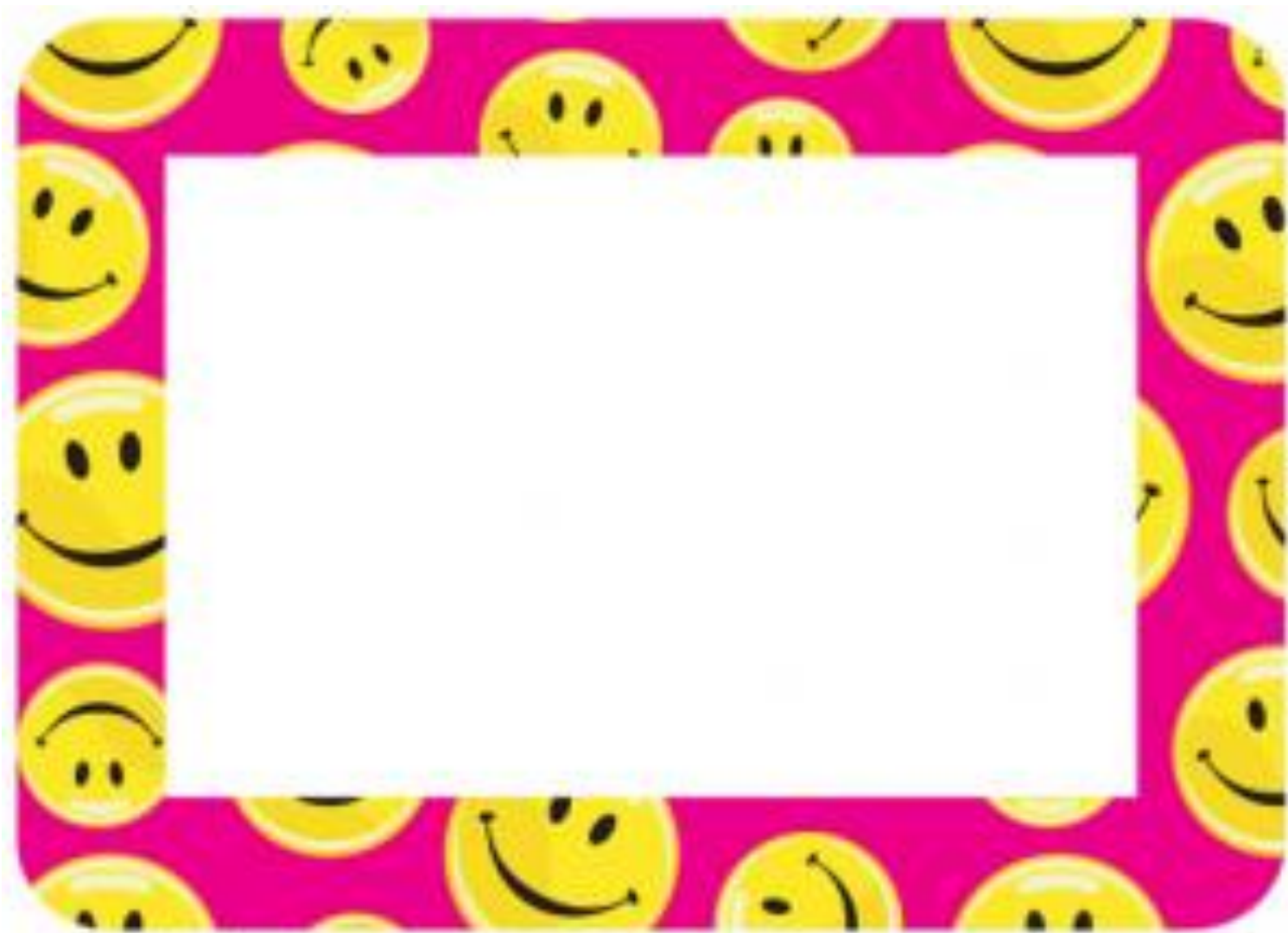
- Age •
- Sex •
- Occupation •
- Level •
- Children •
- Women •
- Men •
- Other •
- Married •
- Single •
- Divorced •
- Students •
- Medical History •
- Income •
- Education •
- College / University •
- What do they do? •
- Interests •
- Books they read •
- Films they watch •
- What would make them buy your book? •
- Where do they live? •
- What kind of friends do they have? •
- What preferences do they have? •
- What social media are they on? •

WHAT IS THE PROBLEM?

Think about potential audiences, think about their needs, their desires and their problems.

- Vocational •
- Entertainment •
- Self Esteem •
- Relationships •
- Financial •
- Stress Related •
- Feel Confined •
- Not being Heard •
- No time •
- Economic •
- Family Related •
- Family Related •
- Future Related •
- Negativity •
- Realising Potential •
- Want more time •
- Desire to succeed •
- Love to learn •
- Enjoy History •
- Curious •
- Loved a thrill •
- Adrenalin •
- Feel stuck •
- Tired of the rat race •
- Wants to make a different
- Cultural
- Hobby
- Tired
- Wants to start over
- There is no problem

WHAT WERE YOU LIKE AS A CHILD?



Describe yourself as a child.

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5 MINUTE STORY

Theme /Subject	Noun	Verb	Adjective	Place
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Beginning / Start	Faith	Leaving	Uncertain	Paisley Birth

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WHERE DO IDEAS COME FROM?

EXPERIENCES

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WHERE DO IDEAS FOR BOOK COME FROM?

MEMORIES

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5 MINUTES OF WRITING A DAY WOULD

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STYLE

I like your style.

Select a couple of your favourite books – what do you like about them.

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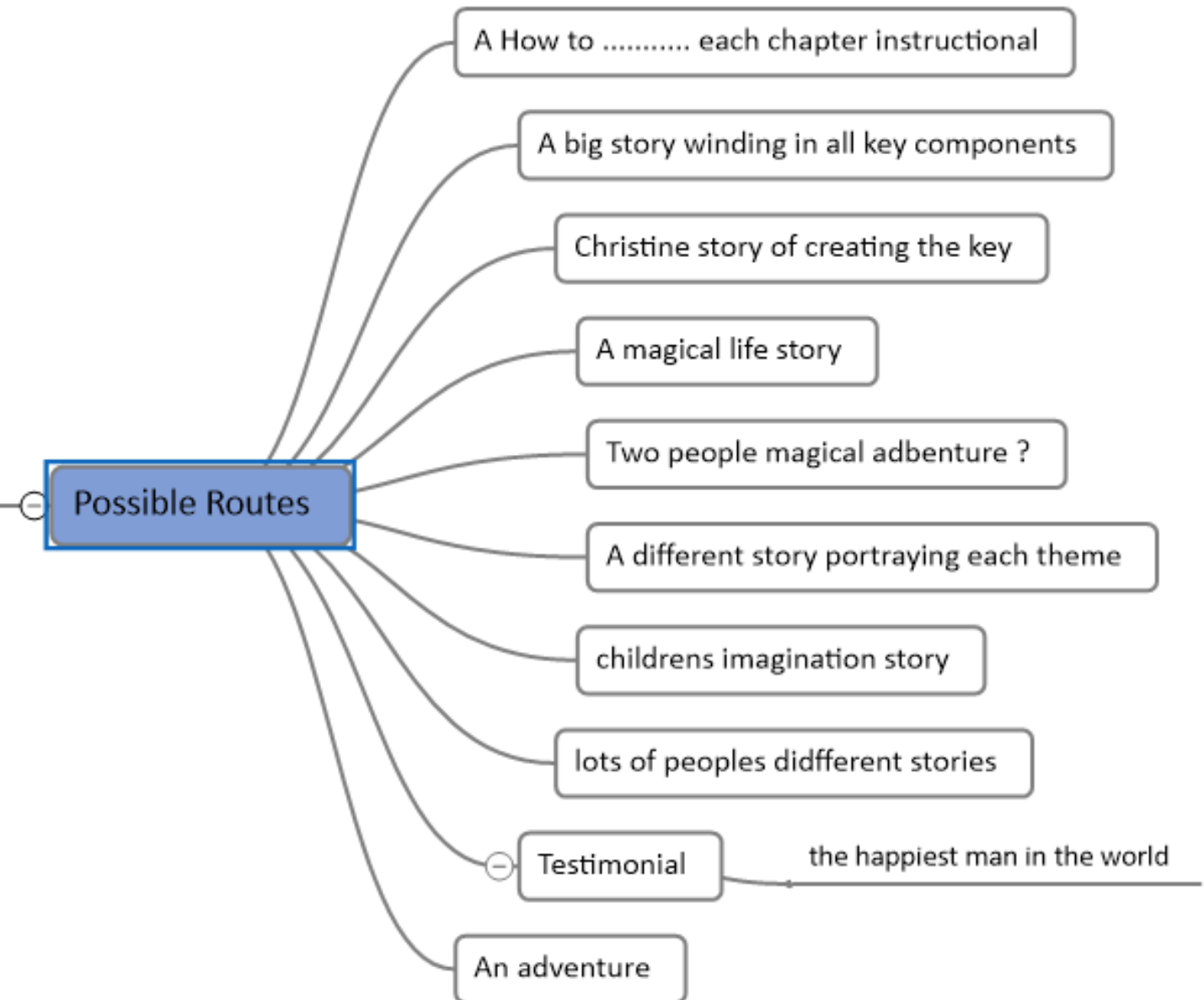
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YOUR STORY LINE

GRACE



YOUR STORY LINE

GRACE STORY LINE

A young woman exhausted and unhappy with her life; disconnected from her family, friends, work and herself, she can't understand why. Deep in her heart she longed for something else, she stuck. Has all of the key challenges that people who come on the key have.

A seemingly chance encounter with a mysterious old lady takes her on an extraordinary adventure. She becomes alive on a journey of awareness , self-discovery

Chapter by chapter, she experiences The Key and the three main pillars of The Key; ancient truth and science and success. She finds out how to harness the power of our Universe to create a happy and fulfilled life. and finds that her life has meaning and purpose.

This story is told in a heart-warming, fun and creative way. Like a children book but it is meant for adults.

The book will challenge the outdated thinking about how life works, how we influence it, and why we are here.

It will present a sequence of simple yet powerful philosophies that will reveal the possibility of discovering your own unique purpose

When the reader understands and embraces the content it will change their lives forever.

YOUR STORY LINE

Think about all of the ideas so far. Can you come up with a potential story line for your book?

Your story line should contain a beginning, middle and end.

Basic Scenes and characters.

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YOUR STORY LINE

Think about your story line and come with three potential titles?

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Pitch your story line and title and collect great feedback?

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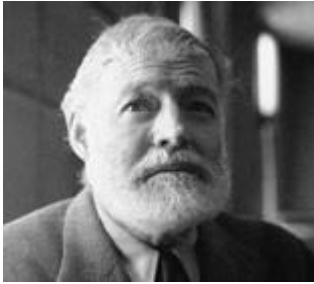
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DEVELOPING YOUR STORY LINE



ONE TRUE THING

“All you have to do is write one true sentence. Write the truest sentence that you know.”

Ernest Hemingway



I try to write something that would interest anybody and keep them turning the page. You must have a plot and good storyline.

Ernest Gaines



Since so many romantic comedies vary little in their storyline, the success or failure of such depends largely on whether we believe in the relationship of the protagonists.

Mariella Frostrup

DEVELOPING YOUR STORY LINE

CHAPTER 1 ONE SENTENCE TO DESCRIBE IT

CHAPTER 2 ONE SENTENCE TO DESCRIBE IT

CHAPTER 3 ONE SENTENCE TO DESCRIBE IT

CHAPTER 4 ONE SENTENCE TO DESCRIBE IT

CHAPTER 5 ONE SENTENCE TO DESCRIBE IT

CHAPTER 6 ONE SENTENCE TO DESCRIBE IT

CHAPTER 7 ONE SENTENCE TO DESCRIBE IT

CHAPTER 8 ONE SENTENCE TO DESCRIBE IT

CHAPTER 9 ONE SENTENCE TO DESCRIBE IT

CHAPTER 10 ONE SENTENCE TO DESCRIBE IT

CHAPTER 11 ONE SENTENCE TO DESCRIBE IT

CHAPTER 12 ONE SENTENCE TO DESCRIBE IT

CHAPTER 13 ONE SENTENCE TO DESCRIBE IT

CHAPTER 14 ONE SENTENCE TO DESCRIBE IT

DEVELOPING THE STORY LINE EVEN FURTHER

CHAPTER 1

Ask yourself what is significant about this chapter write it down?

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Now turn this statement into a question?

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DEVELOPING THE STORY LINE EVEN FURTHER

CHAPTER STRUCTURE DEVELOPMENT

- 1. SPACE TO CREATE
- 2. QUESTION : THE ONE TRUE THING
- 3. BEGINNING MIDDLE END
- 4. THE 5 MAGIC WORDS – TOPIC NOUN VERB ADJECTIVE PLACE
- 5. CHARACTER - WHO?

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DEVELOPING THE STORY LINE EVEN FURTHER

CHAPER 2

Ask yourself what is significant about this chapter write it down?

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Now turn this statement into a question?

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DEVELOPING THE STORY LINE EVEN FURTHER

CHAPER 3

Ask yourself what is significant about this chapter write it down?

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Now turn this statement into a question?

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DEVELOPING THE STORY LINE EVEN FURTHER

CHAPER 4

Ask yourself what is significant about this chapter write it down?

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Now turn this statement into a question?

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DEVELOPING THE STORY LINE EVEN FURTHER

CHAPER 5

Ask yourself what is significant about this chapter write it down?

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Now turn this statement into a question?

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WHAT ARE THEY LEARNING?

CHAPTER 1

CHAPTER 2

CHAPTER 3

CHAPTER 4

CHAPTER 5

CHAPTER 6

CHAPTER 7

CHAPTER 8

CHAPTER 9

CHAPTER 10

CHAPTER 11

CHAPTER 12

CHAPTER 13

CHAPTER 14

DEVELOPING YOUR CHAPTERS

CHAPTER 1

1. BEGINNING MIDDLE END

2. PURPOSE / LEARNING (WHY? /WHAT? /HOW?)

3. TOPIC / NOUN / VERB / ADJECTIVE/ PLACE /TIME

4. THE ONE TRUE THING

5. CHARACTERS / WHO IS IN IT

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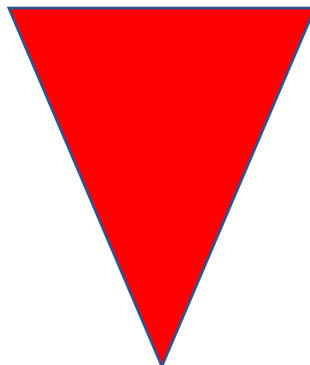
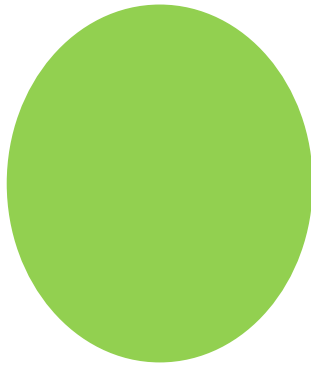
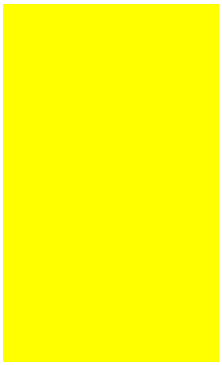
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IT'S A LOVE THING



DEVELOPING THE CONNECTION IN YOUR BOOK



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DEVELOPING THE CONNECTION IN YOUR BOOK



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DEVELOPING **A.K.P** IN YOUR BOOK

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MEETING YOUR DEADLINE OF _____

HOW MANY WEEKS IS THAT? _____

NUMBER CHAPTERS PER WEEK? _____

CHAPTER 1

CHAPTER

CHAPTER 2

CHAPTER

CHAPTER 3

CHAPTER

CHAPTER 4

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CHAPTER 5

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CHAPTER

CHAPTER

BELIEFS

What Fears Doubts or Beliefs do I have that might hinder my progress?



DIALOGUE IN YOUR BOOK

ARE you using DIALOGUE IN YOUR STORY?

Grace is about 50% dialogue

The function of dialogue is to assist you to tell your story.

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DEVELOPING THE **PACE** OF YOUR BOOK

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DILOGUE IN GRACE

What does it reveal

What are your thoughts based on what we have discussed.

How did you feel after our “synchronistic” meeting on Monday, Grace?’ the old lady asked peering over her black-framed glasses.

Grace thought for a moment. ‘To be honest, it was as if I had dreamt or imagined it all. Maybe I wanted to be sure that it had actually happened. That’s why I decided to come back. I was curious.’

The old lady smiled. ‘Perfect, Grace. Curiosity is the perfect place to start any journey.’

The old lady then surprised her by asking ‘Do you know what Leonardo da Vinci is famous for?’

‘Of course’ Grace answered, ‘The Mona Lisa.’

‘Yes Grace, that’s true, but what most people don’t know, is that Leonardo was also a talented sculptor, architect, musician, scientist, mathematician, engineer, inventor, anatomist, geologist, writer and botanist...phew!’

‘Really? He was all of those things?’ asked Grace ‘That’s unbelievable. How on earth did he manage to cram all of that into one lifetime?’

‘That’s an interesting question, Grace. The answer lies in “potential.” Leonardo tapped into, and unlocked his potential. We all have this very same opportunity; to dream, to dare, to learn and to be. We do not need to be defined by age or limited by only one idea of ourselves.’

‘But tell me, where do think this potential and his creative genius started?’ Without giving Grace any time to answer, the old lady leapt out of her seat, threw her hands in the air dramatically and announced in a broken Italian accent ...‘Curiosità!’

‘Grace. It all began with “Curiosità!” and if you speak Italian, you will know that means... *to approach life with unquenchable curiosity and an insatiable quest for learning.*’

She then finished with a little curtsy saying ‘Grazie!’ in the same broken accent, before bursting into hysterical laughter.

DILOGUE IN GRACE**What does it reveal****What are your thoughts based on what we have discussed.**

Finally surfacing, she dragged herself up and out of bed and moved across the room to check her diary. Grace glanced down at the page. It was Monday. The diary entry read “The Key.” Great start to the week. An interview with a positive thinking “guru”, the woman who was energising the city with her personal development programme. ‘This should be interesting!’ Grace was sceptical. ‘I’d like to see her work her magic on me!’

Grace moved round the house, picking up items of clothing from the floor, mumbling to herself about becoming more organised as she dressed. She grabbed a cup of coffee and a breakfast cereal bar then made her way out of her flat and into her car. She put the key in the ignition and turned it, the car jolted forward and stopped dead. She turned the key again and again. Nothing. She looked around for help from a neighbour, a passer-by, anyone, but the street was deserted; apart from a lone magpie which had landed a few feet away. Banging the steering wheel in frustration, Grace looked at her tired eyes in the mirror, sighed hopelessly and said ‘Why me?’

She pushed the door of her little champagne coloured Mini open, leapt out and slammed it angrily behind her. She walked quickly down the road to the nearest bus stop and waited for what seemed like forever. She could feel her chest tightening and pulse tapping against her temples.

‘At last!’ she moaned under her breath when the bus arrived. Grace jumped on ignoring the driver, paid her fare, sat down and gazed out of the window without even noticing where she was heading. Her daze was interrupted when the bus driver gave a shout.

‘Excuse me dear, where are you headed to?’

Looking up, Grace answered ‘I’m going to Hope Street.’ She had arranged the meeting at a trendy designer hotel in the city centre.

‘No you’re not. This is the last stop on the route!’ The bus driver shook his head indignantly in response to Grace’s demeanour and said ‘You’re on the wrong bus, pet. You should have got the 38, not the 43.’

Grace felt rage well up inside of her, suddenly becoming aware that she hadn’t bothered to check the number when she got on the bus. She stood up, walked abruptly past the driver and jumped off. Standing alone outside, she tried to figure out where she was. A chilly autumn wind whipped up causing her to shiver.

‘Don’t worry, perhaps this is the right place for you after all?’ the driver shouted, as he pulled away. What a strange thing to say thought Grace,