



The Infinite Writer

Follow the Pull

Story Transformation Companion Workbook

A guided workbook to accompany *Writing Shortcuts for Busy Non-Writers* by Nitara Lee Osbourne, M. Ed.

Workbook Promise

This workbook helps you slow down, listen to the pull, explore the story you may feel called to tell, and begin shaping that story with courage, structure, and care - without making the outcome responsible for validating the process.

Prepared for The Authors & Book Lovers Visibility Forum VIP Gift Experience

How to Use This Workbook

This companion workbook is designed to help you apply the core ideas from Writing Shortcuts for Busy Non-Writers. It does not replace the eBook. It gives you a place to reflect, choose a direction, and begin organizing your ideas before you write a Book Manuscript, TV Pilot Script, or Movie Script.

A Gentle Reminder

There are no guarantees about book sales, production, publishing, representation, placement, or what doors may open after you write your story. This workbook is focused on the transformation and clarity that can happen through the process of honoring the pull and shaping your lived experience into a story.

What You Will Create

- A clear description of the pull behind your story
- A reflection on the transformation underneath the story
- A decision-making guide for Book Manuscript, TV Pilot Script, or Movie Script
- A writing rhythm that works with a busy life
- A beginning outline for either a script path or manuscript path
- A 30-day next-step plan

Suggested Pace

Workbook Part	Suggested Time
Part 1: Follow the Pull	20-30 minutes
Part 2: Find the Story Underneath the Experience	30-45 minutes
Part 3: Choose the Right Container	20-30 minutes
Part 4: Prepare Your Mind and Time	30 minutes
Part 5 or 6: Script Path or Manuscript Path	45-90 minutes
Part 7: 30-Day Next Step Plan	20 minutes

Part 1: Follow the Pull

Before you decide whether this story is a book, TV Pilot Script, or Movie Script, begin with the pull. The pull is the inner nudge that keeps asking for your attention, even when the outcome is uncertain.

What story, moment, experience, or idea keeps pulling at you?

When did you first notice this pull?

What have you been telling yourself about why this story can wait?

What might change inside you if you finally gave this story focused attention?

Reflection Prompt

Do not ask the story to guarantee the outcome before you are willing to honor the pull.

Part 2: Find the Story Underneath the Experience

Life events alone do not automatically become a compelling story. This section helps you move from “what happened” into “what it changed, what it taught, and what value may live inside the experience.”

Moment or Experience	What Changed?	What Did I Learn?	Who Might This Help?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

The Transformation Thread

Before this experience, who were you or what did you believe?

During this experience, what challenged, stretched, or changed you?

After this experience, what do you understand differently?

What value could this story offer someone else?

Part 3: Vulnerability, Readiness, and Boundaries

Writing from lived experience may bring up uncertainty. You may wonder how much to share, how other people may feel, or whether you are ready to revisit certain parts of the story. Use this page to name the tender places without forcing yourself to move faster than you are ready.

Readiness Check

- ☐ I feel pulled to tell this story, even if I am not fully certain why yet.
- ☐ I can identify what this story helped me learn or become.
- ☐ I understand that other people may remember shared events differently.
- ☐ I know there may be parts of the story that feel vulnerable to explore.
- ☐ I am willing to receive guidance and structure around the story.
- ☐ I may need more time, support, or distance before sharing certain pieces.

What part of this story feels most vulnerable to write about?

Who else appears in this story, and what boundaries may need care?

What am I ready to explore now, and what may need more time?

Part 4: Release the Outcome

External outcomes matter, but they cannot be the only reason you write. This page helps you separate what you can control from what you cannot control.

What I Cannot Guarantee	What I Can Honor
Book sales	The discipline to clarify and shape the story
Publishing, production, or representation	A professional process and a strong draft
How others respond	The care and intention I bring to the work
Whether every door opens	The internal transformation available through writing

What outcome have I been using to judge whether this story is worth writing?

What might this story give me even if no external outcome is guaranteed?

What would “following through” look like over the next 30 days?

Part 5: Choose the Right Container

Not every idea belongs in the same format. Use this guide to begin considering whether your story may be best suited as a Book Manuscript, TV Pilot Script, or Movie Script.

Container	Best Fit When...	Your Notes
Book Manuscript	The story is reflective, instructional, personal development, professional development, or self-help oriented. You want to share lessons, guidance, or a framework from lived experience.	
TV Pilot Script	The story opens a larger world with ongoing characters, conflict, relationships, and storylines that can continue beyond one episode.	
Movie Script	The story has one focused visual arc with a beginning, middle, and end that can be contained in one completed script.	

Which container feels most aligned right now, and why?

☐ Book Manuscript	☐ Movie Script
☐ TV Pilot Script	☐ I am not sure yet and need guidance

Part 6: Prepare Your Mind and Time

The eBook emphasizes mindset, grounding, visualization, and scheduling as part of the writing process. Use this section to design a rhythm that supports the work without pretending life will stop being busy.

My Grounding Practice

☐ Meditation	☐ Walk or movement
☐ Prayer	☐ Music
☐ Journaling	☐ Reading or audiobooks
☐ Quiet reflection	☐ Other

What helps me feel centered enough to write or reflect?

My Writing Schedule

Day	Time	Writing or Reflection Goal	Complete?

Session Planning

For my next writing session, the specific task I will complete is:

The distraction or obstacle I need to plan around is:

Part 7: If Your Story May Be a Script

Use this section if your story may become a TV Pilot Script or Movie Script. You do not need to know everything yet. The goal is to begin identifying the people, world, and movement of the story.

Character / Person at the Center

Who is at the center of this story?

What do they want at the beginning?

What do they need, even if they do not know it yet?

What changes for them by the end?

Three Dimensions of the Character

Independent Life	Community Life	Career / Purpose Life

Script Path: Plot Movement

Use this page to begin shaping the movement of the story. These prompts mirror the plot guidance from the eBook while keeping the work approachable.

Element	Guiding Question	Your Idea
Hook	What opening moment immediately pulls us in?	_____
Catalyst	What sets the story in motion?	_____
Turning Point 1	What changes the direction of the story for the first time?	_____
Midpoint	What point of no return shifts the story into new territory?	_____
Turning Point 2	What changes the direction again?	_____
Climax	What is the final major conflict or emotional confrontation?	_____
Ending	What final image, choice, or result closes this chapter of the story?	_____

What part of the script idea feels most alive right now?

Part 8: If Your Story May Be a Book Manuscript

Use this section if your story is connected to self-help, personal development, professional development, teaching, or lived-experience wisdom. The goal is to identify the topic, reader value, and chapter direction.

What is the ONE topic this book would focus on?

What lived experience gives me perspective on this topic?

What do I want the reader to understand, feel, or be able to do after reading?

Who is the reader or audience this book can support?

Book Manuscript: Objectives vs. Goals

Use this page to separate what the reader receives from what you hope to accomplish as the author. This keeps the book grounded in value, not only external achievement.

Reader Objectives	Author Goals
What the reader should learn	What I hope this book helps me build or clarify
What the reader should feel less alone about	How this book may support my credibility or visibility
What steps, lessons, or perspective the reader can use	What next step I may want readers to take

List 3-5 specific lessons, insights, or steps this book could offer readers.

Book Manuscript: Chapter Map

Start with possible chapter themes. You can revise these later. The goal is to see the shape of the book begin to emerge.

Chapter	Working Title / Theme	What This Chapter Teaches or Reveals
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Part 9: Feedback and Revision Plan

Feedback is part of the writing process. Some feedback will be helpful, some will be encouraging, and some may not resonate. Use this page to plan who you can ask and what kind of feedback you need.

Potential Reader	Why Them?	What Feedback Do I Need?	Deadline

What kind of feedback would be most helpful at this stage?

What kind of feedback might distract me too early?

Part 10: My 30-Day Follow the Pull Plan

Choose small, concrete actions. The point is not to finish everything in 30 days. The point is to honor the pull with structure and movement.

Week	Focus	Specific Action	Support Needed
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

By the end of 30 days, I want to have:

The support, guidance, or structure I may need is:

Final Reflection

The transformation may not be waiting at the finish line. The transformation may be in the telling.

Next Step Reflection

Use this final page to name the next aligned step. You do not have to force the story forward before you are ready. You also do not have to ignore the pull simply because the outcome is uncertain.

- ☐ I want to keep reflecting before I write.
- ☐ I want help finding the heart of my story.
- ☐ I want help choosing the right format.
- ☐ I may be ready for a Book Manuscript outline.
- ☐ I may be ready for TV Pilot Script or Movie Script development.
- ☐ I may be ready for a Story Deep-Dive Consultation.

My next aligned step is:

The reason this step feels right is:

About The Infinite Writer

The Infinite Writer helps people transform lived experience into professionally crafted books and scripts through structured collaboration, storycraft, and care. This workbook is for reflection and educational purposes. It does not guarantee publishing, sales, production, representation, or other external outcomes.

www.theinfinitemwriter.com