

THE RELAXED AUTHOR

The
RELAXED
AUTHOR
Clarity
WORKBOOK

Angela Jamieson

WWW.ANGELAJAMIESON.COM

The background is a light, textured surface with several pieces of gold leaf scattered across it, primarily on the left side. The gold leaf has a shimmering, metallic appearance and is applied in irregular, organic shapes.

Questions FOR CLARITY

THREE PHASES OF
BOOK CREATION:

WRITING

PUBLISHING

MARKETING

Hello!



If you're here, it's because you want to get a book into the world. You're excited about the idea, but then a growing part of you is overwhelmed at well, everything.

You have a lot of options. A lot of advice. And at some point, it all crumples into a big dark ball and you're stalled.

By answering the questions in this workbook, you may discover:

- That your book is simpler than you thought
- That your book is different than you assumed
- That your book doesn't need to look like anyone else's
- That you already know more than you realized

This workbook walks you through three phases:

Writing — what your book is really about

Publishing — how you want it to exist in the world

Marketing — what you want it to do for your life

So, answer these questions and let's narrow your path!

I'm so glad you're here...

A handwritten signature in black ink that reads "Angela".

www.angelajamieson.com

1. Writing

What is this book really about?

Before chapters... before titles... before outlines...
you need your red thread.

Story Inventory

List 10 stories, experiences, or moments you could write about:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Writing (continued)

Pattern Recognition

Answer in short, honest sentences:

- What do these stories have in common?
-

- What problem, lesson, or shift appears most often?
-

- If a reader could only remember ONE idea from my book, it would be:
-

- This book is more about:

- My life
 - What my life taught me
 - What the reader should implement
 - Other: _____
-

Writing (continued)

Reader & Purpose

- Who do I secretly hope reads this book?

- I want my reader to feel _____ when they finish.

- This book is primarily for:

- Expression / Entertainment
- Healing
- Teaching
- Authority
- Legacy
- Business

Red Thread Statement

Complete this sentence:

The red thread through my stories is...



2. Publishing

How do I want this book to exist in the world?

Publishing is not about prestige.
It is about being true to your vision.

- I value:
 - Speed
 - Control
 - External validation
 - Creative freedom

- I am comfortable waiting years for approval:
 - Yes No

- Owning my rights matters to me:
 - Yes No

- I want to be able to update my book later:
 - Yes No

- I prefer to invest:
 - Time
 - Money

Publishing (continued)

Success Vision

One year after publishing, success would look like:

Publishing Alignment

Based on my answers and the descriptions I've been given, I feel most aligned with:

- Traditional Publishing
- Self-Publishing
- Assisted / Vanity Publishing
- Not sure yet (and that's okay!)



3. Marketing

What do I want this book to do for my life?

Marketing is not ego.

It is intention.

- This book is primarily for:
 - Family / legacy
 - Clients or potential clients
 - Public readers

- My main goal is:
 - Impact
 - Income
 - Legacy
 - Combination: _____

- I would enjoy talking about this book publicly:
 - Yes No

- I would feel fulfilled if only 10 people deeply loved it:
 - Yes No

- I would feel disappointed if only 100 people read it:
 - Yes No

Marketing (continued)

Permission Statements

Circle the one that feels true:

If my book is a legacy project, I give myself permission to market gently.

If my book is a business or impact project, I give myself permission to market boldly.

FINAL CLARITY

Complete this sentence:

Based on my answers, the book I am actually writing is...

Closing Reflection

What feels clearer now than when I started?





Going further...

JOIN ME

Continue your journey of clarity in book creation through my program: The Relaxed Author.

With three entry points, you can choose what is right for you:

THE RELAXED AUTHOR PROGRAM

The Manuscript (Writing): Finish your book with clarity, structure, support, and confidence — without overwhelm.

The Book (Publishing): Self-publish your manuscript professionally, intelligently, and without expensive mistakes.


The Long Game (Marketing & Leverage): Turn your book into an asset for impact, authority, and long-term growth.



For more information, visit:

<https://www.angelajamieson.com/ra-order>

You now have what you need to begin.
Everything else can be chosen in its own time.

The background features a light beige or cream color with various brushstroke textures. A hand is visible in the upper right, holding a red circular object. A vertical black line runs down the center of the page. The text is centered in a black serif font.

Clarity is the beginning
of every confident
decision.