

Writing Your Way *Through Fears*

7 Secrets to Unlock Your Powerful Writing



HIGHLY QUALIFIED
-THE WRITING MENTOR-

JACQUELINE T. HILL

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Justyn Knox says, Words can't describe how much Jacqueline has meant in starting my business. I don't know that any new business owner really understands the work, perseverance, and tenacity it will take to start a successful new business.

The truth is without Jacqueline, I probably would have given up on the business.

Jacqueline has been the one to encourage me, give me advice during times of frustration and push me to new heights I would never found on my own.

She makes a personal connection with each of her clients which always lets me know that Jacqueline cares about me and the growth of my business.

I appreciate how she has helped transform my business mindset and helped me broaden my advertising market. She has coached and developed my writing abilities, marketing skills, and website design. I am grateful for her unique coaching style and business mindset!"

DaVarika states, "Speaking with Jackie for consultation was a very great decision! She was very informative about using my blog to get me to the next chapter of my life, but also about the statistics on various internet platforms.

Her approach to consultation has definitely opened my mind and challenged me to do more. As she stated, "Growth is going to take place," and I strongly believe that after speaking with her."



James Baker remarks, How to Write Through Your Fears course is a phenomenal teaching modality of which I am currently a student. After struggling in my academic writing throughout my journey of obtaining my bachelors and two master's degree, I am genuinely proud to say that How to Write Through Your Fears course is now a significant

part of going back to basics.

I get excited at the thought of listening and learning to the simple, but meaningful insights that is at the core of How to Write Through Your Fears.

Subject matter expert/instructor, Jacqueline T. Hill, has made an incredible contribution to the teaching and learning core standards. Writing your Best is now an intricate part of my family's discussion of academia.

In fact, the writing objectives of the curriculum profoundly resonate with me. To learn to write an efficient Thesis/Introduction, coupled with the development of strong examples set the tone for the needed strong beginning of the paper.

I really appreciate the teaching and learning simplicity about the basic yet major grammar objectives of writing curriculum. The development of the body paragraphs support the needed structure and focus on the nuances of the writing curriculum. As a lifetime learner, I understand and value the execution of writing an exceptional conclusion for a paper.

I am compelled to say unequivocally that the curriculum ensures impact in writing your best papers. Additionally, the cost of the How to Write Through Your Fears course makes learning easy and really affordable!!!

How to Write Through Your Fears

- Directional writing instruction/ user friendly
- Insightful, Impactful lessons for all age groups
- Video instruction, simulated classroom experience
- PowerPoint supplemental learning lessons
- Supports working through writers fear, block, insecurity
- Structured for execution in writing / Expository writing
- Features simplicity in the Discipline of writing
- Listen and Learn while on the go
- Excellence for the struggling writer
- Ultimate in writing effectiveness/end result oriented

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My Heart's Sentiments & Gratitude

I wrote this book with you in mind. This book will help the fearful writer and those who desire to write. If you're an ordinary person, leader, pastor, business owner, or entrepreneur, you will start writing clearly, effectively and concisely by the time you finish reading it.

To God, my husband, family, and closest friends thank you for praying me through and for enduring times of needed separation to write this book.

Thank you so much for sharing me with my new readers, customers, and clients. Your understanding of my vision means the world to me. And, I'll never forget your love and words of encouragement during this time.

Dear Fearful Writer,

I feel heartbroken. Statements like, "YOU WILL NEVER WRITE! YOU ARE NOT FIT FOR COLLEGE! CAN YOU SPELL? YOUR WRITING IS JUST HORRIBLE" are hurtful and causes blocks later in life.

During a recent conversation with a few people, I learned about their painful experiences of wounds imposed by teachers and people who spoke unkind words concerning their writings, writing style and voice. Many encounters occurred at middle and high school.

They now desire to write in personal journals merely to heal, some for their businesses and others for blogs, articles and books.

But, have no clue where to begin. Firstly, I want to ask your forgiveness for this verbal abuse. Yes! That is what it is. Any words that cause adverse effects and insecurities is a form of verbal abuse.

As a former classroom teacher, I NEVER spoke demeaningly to my students. I became more and more sensitive to their needs and kept in mind their weaknesses.

My job was to use and develop strategies and tools for their growth. From sixth grade to adult-learners, I had determined they will write.

Most people HATE writing from places of fear, wrong teachings and not receiving adequate skills for it. I am sorry for those of you who DID NOT have the teacher or mentor who understood your weakness and did not want to or know how to differentiate the lessons to fit your need.

Writing is a necessary component of life. Some people try to escape and avoid it. However, we must write in school, for careers, businesses, higher academics, state tests, blogs, websites, ads, formal letters and text nowadays, etc.

Aspiring writers must have the necessary tools and strategies to write for any level. My primary focus is to enable you to use your voice and develop writing styles that relate uniquely to personal experiences.

Good teachers DO NOT lessen or strip their student's voice. I intentionally provide structures and self-designed organizers to enhance a writer's voice.

I model and model and model until we have breakthroughs for each section. We work on parts at a time, which empowers you to construct paragraphs and sentences better. I highly recommend free-writing as a daily practice.

Use this tool anywhere. Be deliberate about it. Write from your phone, a journal, your tablet, computer, or use anything.

If it helps, write about things related to your area of strength or send a long text message to a friend. Show your former teachers they are WRONG! And, that is FACT!

Your most real need was for a teacher to grasp your weakest area and design a tailor-made plan for your progress. My teachings do just that!

I DESIRE to build your confidence and stamina in writing. Trust me. You will be able to write a blog content, your digital book, papers, and essays.

Sincerely,



9 Months now and I'm 'bout ready to shift into position, external life, a world unknown -unfamiliar. -Jacqueline T. Hill

In the Beginning

"No worries. You've got this," I say to myself as I write these words to you. Nervous. But, excited to have you reading my stuff. Plus, you're here because something sparked an interest in my book. I know you're anxious for the meat of Writing Your Way Through Fears.

But, what good is heading for the deep end without first examining its territory. In other words, part of writing anything requires having substantial background knowledge.

Background information helps you understand any writers point of view, voice, and style. It puts the content into perspective and unpacks many layers in the text.

Writing is a form of communication. It reveals perspectives, thoughts, perceptions and thinking processes. You often write through a lens from your cultural background and experiences.

People can use words to convey language via stories, peer journals, research, text, email, letters, etc. Written expression, whatever it is, takes diligence, passion, and practice.

I have written mostly scholarly papers. I prefer creative writing and non-fiction writing. My teaching career required professional and academic writing.

While in undergrad, I made sure to take poetry, short story, creative writing and advanced creative writing to keep my "creative juices" flowing. However, I entered undergrad with a strong religious background. I feared writing "outside the box."

At that time, my religious affiliation projected and imposed teachings that feared "ungodly" writings, books and ideologies. However, my professors saw something beyond my writings.

They challenged me to write from the heart. They were also eager to get into my left side of the brain. Simply put, I was sorely afraid to write what they knew I could do.

I eventually "let go" and began to write with liberations. bell hooks asserts, "one must reinvent the self to become a genuine and creative person." I did just that. I reinvented my [self] and became real to myself.

"Jackie, I was very pleased that you were in my class," said my professor, "I got to get to know you better--and most impressively, see you grow significantly as a writer."

My writings flourished and grew beyond measure, and I allowed my teachers and mentors to lead and guide them. It takes a particular kind of praxis of freedom to express through the writing medium.

Now, I use this experience in business--writing concisely and efficiently for my company, readers, and followers.

I now use my writing experience, writing training and background and apply it to my personal life, business and mentoring program.

Again, I wrote this book with you in mind. It will help you have a clearer understanding of writing in your personal life, education, content marketing, and your overall business.

You may wonder how is this possible. Your thought is correct. You see, you can write. You just lack a few simple strategies and understandings for the art of writing.

"You'll kick off your shoes and stay a while once you know a person,"
--Jacqueline T. Hill

How Life Prepares You For Transitions

What does it mean to have a career change mid-year? Most newbie teachers desire to teach children from a position of passion. Some remain in the classroom until retirement. Other's teach for a few years. Then, decide to move up the ladder.

Let's be honest.

Moving into higher areas in education certainly, yields more money. And, those who do may still have the heart for students, but prefer to pursue leadership to help with the culture of a school and betterment of staff.

Conversely, unless you move to an area of administration, director or superintendent, the money is tough to live life daily.

I began the teaching certification career my last year of grad school. Before this, I taught classes without a certification. I took the advice of someone to pursue certification, so I got hired as a highly qualified teacher through the alternate route program.

For some reason, during my transition out of grad school, I did not return to writing or entrepreneurship. My heart shifted momentarily to the classroom. I remember days in and out of experiencing mental and physical exhaustion.

Teachers are required to stand on their feet a lot during classroom instruction and to monitor students while working actively. I taught English—a state tested subject, which required focused planning, data analysis, and “teaching to the test.”

At the end of the day, the administration needs their passing rate numbers high. Whatever pressure came to them, also compounded the teachers.

I entered the education profession with a B.A. and Master of Divinity from the influence and advice of a dear friend. Human Resources honored my Master's degree and gave me three years teaching experience.

My starting salary was \$38K. After taxes, teacher retirement system and health care deductions, I grossed only \$1900. When multiplied by 12, I had to live off of \$23K. But, after paying church tithe & offering, rent, car note, car insurance, electric, gas, food, cell phone, etc.

I had roughly \$280 left for the month. In some states, teachers get paid monthly. I stretched \$280 until my next payday. I did take on additional hours like at Saturday school or tutoring. Teachers usually make \$20 to \$25 per hour, or they can get a small stipend for extracurricular activities.

There still isn't much for "living." When I moved to teach in Texas, my salary increased to \$53K. I grossed \$3100 after deductions, which left me with \$495 for the month. To live comfortably, teacher's need an additional salary. It's difficult living off of this wage.

Being a visual person for numbers, I wrote something like this on a piece of paper.

Single Woman–

Annual Salary: \$53,000

Annual Gross: \$3100 (per month) x 12 = 37,200

Total Deductions: \$53,000 – \$37, 200 = \$15,800

Household/Living Expenses: \$36,705

Monthly Remains: \$495.00

Remains By the Year: \$495.00 x 12 = \$5,940

Seeing my actual numbers constrained me to want administration. While teaching, I obtained a second master's degree in Educational Leadership/Administration and completed the Principal Certification classes and internship to become an administrator.

Each avenue I tried to pursue, I encountered roadblocks. After finishing the Principal program, I listened to the advice of many leaders all to no avail.

Here I am no assistant principal, no principal, and no director, which are all six-figure earning positions. However, they require more extreme stresses on the brain and body.

A foot fracture and new school to teach at a year later, I get this beautiful burden to gently nudge me daily to return to my first loves: writing and entrepreneurship.

If you're called to lead in any capacity, you cannot escape it. 13 years ago, I owned three businesses: a Christian Newspaper, a Graphics Company, and Music Production Company. Each entity had its revenue stream.

I started working from my bedroom. Purchased a desk, upgraded my desktop, had a color laser printer to produce samples for clients, two cell phones, business cards, etc. Aside from teaching students how to read and write, this is where I showcased most of my writing and copywriting skills.

I was in business. I received clients by word of mouth and people observed my style of work, and gravitated to it. I had a daily working niche. My numbers reflected the following:

Daily Gross: \$150 (per graphic design) x 5 = \$750

Weekly Gross \$750 x 5 = \$3750

Monthly Gross \$3750 x 4 = \$15,000 (includes \$5K for Advertising)

Song production \$350 per song

Studio Rental \$50 per hour
Writing Tutoring \$85 per hour

These numbers are from my three companies. My target market were small businesses both for-profit and non-profit, songwriters and fearful writers.

The print industry was in heavy demand. My job was certainly in direct-marketing. When I decided to pursue my Master of Divinity, it was difficult for me to work on the three businesses and study.

The one thing I understood about myself was how many projects I could work on at one time. So, I put the companies on hold.

Now, I'm back into it with greater force and more knowledge. Do not misunderstand my passions. I love my students. My heart said I had to find my first loves, again.

My first loves require more time and diligence, but it doesn't feel as exhaustive. I enjoy waking each morning and traveling. I feel a burst of excitement helping clients and ensuring they get everything needed for their writing, ideas, and brand.

I'm grateful that my first loves waited so many years for my return. We are moving forward as if there was never a pause.

Ok, so now you have the gist of my background, let's start talking about writing your best.

7 Secrets to Unlock Your Powerful Voice & Style

Secret #1

How To Overcome Fear of Writing

Fear. The word most will not admit to for writing, and few are trying to overcome it. I will help the few here. Most will by-pass this chapter.

Traditionally, fear of writing comes from the words scriptophobia and graphophobia. Scriptophobia when a person has a very high level of fear of their writings in public. Graphophobia more specifically relates to high levels of handwriting.

Both can be lessened and removed once the brain actually processes writing differently. In most cases, these fears came about from negative words and lack of proper validations and affirmations from adequate support.

Both of these phobia's affect hundreds of people daily, and many within this number suffer greatly. A great number of people avoid jobs that require writing.

And, for student's it's worse because they are unable to progress in school. A lot of students will not attend college because of fear of writing and handwriting.

I believe fear is a learned behavior upon entering this world. We are born innocently. A child does not enter the world fearing people, creatures or things.

Instead, he or she becomes afraid because of the projected fears of others, or from some form of abuse. Specific signs of verbal and emotional abuse, which are the root of writing fears are:

- Yelling about your being stuck to get words on paper
- Insulting your ideas, writing voice and style
- Negative comment such as name calling

"YOU WILL NEVER WRITE! YOU ARE NOT FIT FOR COLLEGE!
CAN YOU SPELL? YOUR WRITING IS JUST HORRIBLE"

--Causing you to feel nervous

--Usage of foul language

Somewhere in your life, one or more of these have occurred. And, if this is the case, I want you to know and understand it as verbal abuse that has created some psychological trauma in you mentally.

According to www.fearof.net,

"The fear of writing usually originates from a negative experience in one's past. Apart from technicalities, many Scriptophobes are also afraid of fear of rejection, fear of ridicule or the fear of embarrassing themselves or fear of being criticized etc. A student might have been rebuked or laughed at owing to something s/he has written or even for their handwriting."

"This episode can trigger panic attacks each time one has to write in class. This deeply conditioned response can create negative thinking patterns which are hard to change or overcome. Other issues like deep rooted lack of self esteem or the fear of persecution can also cause the fear of writing phobia."

In your spare time, read more on this from the website above. It really breaks down more information down to symptoms of scriptophobia.

Psychologists agree that psychological trauma's settle from life distresses, abuses, and will affect your self-esteem in specific areas. Hence, the fear of writing comes from a place of low-self esteem, which essentially isn't your fault.

You're not the blame. You can write! You possess the potential to write! And, now you have the right mentor to help and show you how to write! It only takes the right person to enter your life and begin to mentor you correctly and adequately.

Take for instance the story of this girl I helped and mentored. A fragile girl feared paper and pencils because of a terrifying experience with her English Language Arts teachers.

Each passing year, she ended up with ELA teachers that weren't a good fit for her personality. This girl was already timid. She did everything possible to get out of doing any writing assignments.

Her mother didn't know how to help either because she was clueless about the writing process. One evening, she had to write an essay for homework.

Mom tried to gently convince her to do the assignment not to get a failing grade. The girl cried and yelled at her mom with screeching sounds worse than scraping nails against a chalkboard.

The cries were irritating. She was irritable and caused those her around to be frustrated.

I calmly approached her with a whisper to the ear and asked,

"Are you afraid to write? It's ok to tell me. I promise not to tell anyone."

"I hate it. I don't know how to write. I don't know where to begin," she quietly responded wiping her tears with her purple shirt.

I sat down next to her and began a conversation about her best friend. They were separated because of moving to a new state. The girl and her friend hung out every weekend.

Their parents did things together, too. They attended the same church and engaged in many fun things outside of school and church. They sat together in church.

They laughed and snickered in the church at the shouting and praising from the adults in the church. These cute girls did what best friends do all the time.

"Let's talk about your best friend," I requested. She turned and looked at me with a smile in her eyes. "But, I want to talk about her in writing. Ok?," I asked with a chipper voice. "Yea! Let's do it," she added.

I began to show her how to write a letter to her friend. We wrote the letter in chunks...four sentences at a time.

She didn't know until later that each set of sentences were paragraphs. I asked her, "what do you and Lisa say when you see each other?"

We say, "Heyyy! And hug each other."

Start off your letter just like when you'd first see her.

Heyyy Lisa

"Now add the hugs."

"How do I do that?"

"They go in parentheses. Do you know what they are?"

"Yes!"

"Ok. Show me."

Heyyy Lisa (Hugs)

A great teacher understands how the thinking processes work in a struggling writer. This young lady now writes papers with ease. Passed all of her state tests from 4th grade to 12th grade, landed honors and AP level classes. She's NOW in college writing her BEST!

Another example is one client who came to work with me with a history background. Remember, earlier I mentioned how background plays a vital role in writing and understanding people.

This client demonstrated fear during our initial consultation. "I don't know how to write like you. Writing has always been a struggle for me. I don't even know where or how to begin." Fear.

You may ask how and say she's just pointing out what she can't do. Your thought is correct, in part.

Let's pause from this case and define fear.

Firstly, the origin of this word shows it can fall into two parts of speech: a noun and or a verb.

According to www.dictionary.com, as a noun, it means, "an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain or a threat."

Using it as a verb, or an action, it states, "be afraid of (someone or something) as likely to be dangerous, painful, or threatening." Both definitions share a common theme or message, which is "pain."

When the client remarked, "Writing has always been a struggle for me," BAM! There's the painful trigger and presupposed fear.

Sometimes you have to listen for what's not directly spoken. And, if you let people talk long enough, you'll learn their fears and pains. I instantly connected with her and said, "Give me one month, and I'll have you writing for your blogs, ads and web content."

What helped her overcome this pain and fear was trust. She could trust someone to help her write. We held weekly sessions for helping to market her brand.

I also showed her how to set up her blog, determine topics related to her brand and taught on why those topics needed to be specific to her brand and market.

After this initial setup, I showed her how to write her blogs by way of modeling and examples. She started submitting her content to me weekly, and I evaluated them with effective feedback.

The feedback is important because it trains the brain and grows strong dendrites, which guarantees better writing.

My whole objective with both scenarios was to replace the traumatized experiences in their writing with reestablishing securing, trustful and

beautiful experiences. This is how you too will overcome fears, my friend. Find the right mentor and or consultant who'll be the right fit for your personality.

It's critical because this person must be thorough in the approach and know how to move you from the place of fear and the past abuses encountered from writing. With the right mentor or coach, you will not find it difficult to trust this person.

Trust will come easy knowing that this person will not cause those negative triggers.

Secret #2

How to Cheat with Grammar

I know. I know. I know. The "G" word brings much discomfort to MANY people. One of the many areas where writers demonstrate weakness in is grammar.

Grammar is essential to all content areas, college, and business. Traditionally, grammar was an on-going subject per grade level in education.

Now, after a certain grade level, it's no longer "directly taught" almost anywhere.

This means in specific grades teachers are not allowed to teach grammar in total isolation like they would setting, plot, and characterization.

Teachers are permitted to embed it in their lessons, however. Research shows how company's spend millions of dollars on writing for their employees and the sake of marketing.

Today, there are many ways to get the gist of grammatical errors in your writings. I want to point out three main areas that will help you. I will also give you a few resources to use for your writing.

I notice that most frustrated writers are weak in the areas of pronouns, subject-verb agreement, and comma usage. (What did she just say? What is that?)

Mistakes are constant in these areas because either too much time or no time is given to re-read the sentences correctly. Here's the thing. Your brain already triggers when a sentence is not grammatically correct or if a word is misspelled.

This is no secret and not the issue for you. The problem lies in not knowing how to apply it to your writings.

A pronoun functions by itself as a noun. The familiar pronouns you know and need mostly for your writings are "I, You, He, She, It, We, They." Using them correctly in a sentence looks as follows:

I enjoy writing.

You enjoy writing

John knows Rebecca (she) is going to the store.

Place your writing sample in the box (it).

Do the children (they) know how to write?

I think you see the picture here.

Subject/Verb agreement is when the subject and verb agree as singular and plural. The subject is in bold and verb underlined.

Xena always growls at men.

I don't understand writing.

These **shoes** are too small for me.

Alisha doesn't like snakes.

The comma is a punctuation mark that explains a pause in a sentence or separates items in a list.

Separates items in a list: apples, bananas, and oranges

A pause in a sentence: saw him moving, pushed his plate aside, and cried about it

Unless you're totally "in love" with grammar, these three rules are the main ingredients of your writing. And, the more familiar you intentionally become with them with practice, you'll get stronger.

Here are a few reliable resources that can help you while writing.

Please note: These are only suggestions. By no means am I telling you they are "perfect." There are times when I'm editing a piece of work; I use them with caution. The objective is not to allow your voice, tone or style to get lost in ALL of its corrections. And, sometimes the

corrections aren't always accurate, especially depending on the context of your clause.

Grammarly - This program works on Mac or PC. They offer a free version that's limited. It checks your grammar while typing. It also shows your errors, corrects them and gives feedback with a scoring grade.

It can be of great help to you. The more you use this program, you'll get a better handle on grammar. Here's my affiliate link: <https://grammarly.go2cloud.org/SH10R>

Grammar Check - Works on Mac or PC. Type your text in any word processor. Copy and paste your content into its form.

As always, you should double-check your work before using it. The link to this one is: <https://www.grammarcheck.net>

Plagiarisma - Works on Mac or PC. Type your text in any word processor. Copy and paste your content into its form. Check your work before using it. The link is: <https://www.plagiarisma.net>

These programs work well in any area. They are good for writing papers, emails, copy, web content, biographies, non-fiction books, etc.

You may already know of or use one of these programs. If so, great!

Secret #3

How to Build Vocabulary in Context

Vocabulary is essential to any writing and speaking. Vocabulary takes on 3-tiers: everyday words, academic/content words, and challenging words.

Writers often use a specific dictionary to understand the contextual definition of a word being used relating to a particular subject.

This gives both writers and readers the opportunity to expand their vocabulary in a specific context without realization. The expansion of the individual's vocabulary occurs when the knowledge of a word becomes familiar.

The key objective of expanding vocabulary and using it is to read.

People should read daily. No matter the reading level--reading is potent grounding for vocabulary. If a person hates reading, it's usually because he or she struggles significantly in this area. I

I recommend he or she starts with subjects and or activities that are of interest.

Writers **MUST** read. Reading and research build on your prior knowledge. It also gives you more to write about on any topic. One strategy most writers use is note-taking.

To know how to take notes helps with listening, writing and comprehension skills. It reinforces the material and brings a synthesis--a better connection between the text and self.

Business owners need to read daily as well. Many articles like from www.oz.com talk about Warren Buffett who tells entrepreneurs that the key to success is to read 500 pages per day. Bill Gates reads about 50 books per year.

I was once a struggling reader who lacked comprehension, strong vocabulary and synthesis skills. I now work with business owners, writers, and students who mirror my past experiences.

I can see the glass half full in new ways. Scholars Fryer and Fisher contend that struggling readers, “possess inadequate organizational skills to store and retrieve information.”

But this does not address the root or heart of the matter. These are people who struggle in many ways because they cannot “connect” with the material. I’ve learned that memorization doesn’t mean synthesis, understanding or mastery.

It’s just a form of “regurgitating.”

The more you read, you’ll build not only a high vocabulary in the context of an area, but also develop a vocabulary that centers around the vernacular, or language of your audience, readers, customers, followers, and clients.

Read! Read! Read!

Secret #4

How to Research for Writing Topics

Research is an essential key to writing. You need more than prior knowledge. What I mean by prior knowledge is any experiences, encounters, and familiarities with a particular subject or topic.

Adding the research component gives you more to say and write about in your paper, book, or overall content. I often find that frustrated writers cannot research because they don't know how to.

And, again this all goes back to our reading and vocabulary. What you don't read could very well be the missing point in your writing that attracts people to your voice, style, and tone.

For example, let's use the subject Fitness. If you're writing an essay or blog, developing a website, or any at length content, here's a great research approach.

Fitness is our topic.

Now we need to determine WHO we want to talk about or target (Depending on what or who you're writing for determines an age bracket for it).

For instance, if it's an essay, talk about female training for specific sports or activities. Usually, in this case, students will be gender specific. Males talk about males and females discuss females.

Conversely, writing content for a fitness website you'll want to be as precise as possible.

Be as specific as you can.

We'll target and talk about women age 40 who are looking for 20-minute morning workout routines.

Look specifically to answer these questions:

Who, What, When, Where and How

True. These are the five W's in newspaper writing. They're also the 5 W's used for summarizing. But, in this case, your objective is to capture the researched information for your topic.

There are TONS of information in this area to help with research and writing. Why? Four main areas people are attracted to in their lives are Relationships, Money, Health/Fitness, and Religion.

These same areas are also heavy hitters in business and marketing.

Next, we'll search non-fiction articles with the most shares on social media. There are specific websites that show you an exact amount of shares and likes for these articles.

Everyone uses social media daily. Here is where your readers, customers, and clients live. You can search for these articles on Facebook, Instagram, Buzzsumo, Google (plus the other search engines), News and Magazine sites, Amazon and Kindle, etc.

And, remember to look for non-fiction content with credible sources.

Research requires patience because it's a lot of work. Don't forget to cite your sources when using the ideas and statements of others. You don't want to plagiarize.

Secret #5

Why You Need to Free-Write

Jacqueline, I don't have time to free-write. I get it. I understand. You've probably had a long day. Too many demands from your boss or leader daily. You feel exhausted and fatigued.

Of course, free-writing is the last thing on your mind.

Earlier I mentioned the reading lifestyles of Bill Gates and Warren Buffet. Now, I need to tell you two critical parts of self-made millionaires daily activities and routines.

This. Will. Blow. Your. Mind. Especially, if you're not aware of it.

1. They read every day.
2. They meditate for 30 minutes in the morning and 30 minutes in the evening.

This total hour of meditation time for some of them includes free-writing also known as journaling. This is a place of self-reflection and improvement personally and for their businesses.

I'm bringing this up because you too can do the same. Money status has nothing to do with 30 minutes in the morning and 30 minutes before bed.

Plus, while you're writing and reflecting on yourself and the events of your day, it's great practice for writing to explain and with great details. Besides, the suggested average free-write is timed for 30 minutes--even in a classroom.

The awesome part about free-writing during meditating is that no one will judge or critique your grammar, style, and voice. I once asked an old friend what the best way to improve writing was.

She answered, “Just free-write. Journal frequently--this way no one can judge your writing, and it will make you stronger.” This advice is the best in the universe.

Free-writing provides escapable journeys. It automatically teaches you how to get through writer's block. Trust me. I can identify with writer's block and admit that I get lazy and do not always feel like putting thoughts on a page.

Conversely, I acquire much inspiration from my daily encounters, favorite scholars and thinkers like bell hooks, Toni Morrison, James Baldwin, W.E.B. DuBois, Parker J. Palmer and Paulo Freire.

I love their writings as they reveal such dominant thinking processes. Find other writers and thinkers that encourage and inspire you to write. Reading works from your favorites will create new ideas to help you fill many crisp pages.

Have hopes to become a stronger writer and critical thinker. Do this with the practice of free-writing. Try not to “lose” yourself in the process, but rather go through another “re-inventing” experience. Also, read more so that you can write with more detail.

When the brain shuts down, it is sometimes because you do not have enough information or prior knowledge to use to expand your thoughts.

Secret #6 How to Use the Writing Process

Aside from free-writing, there is a standard writing process. It's known for 5 Stages.

Prewriting. This is the planning stage. You don't start the actual writing of your content here. Some people can begin writing and know exactly where "they intend for the content to go"

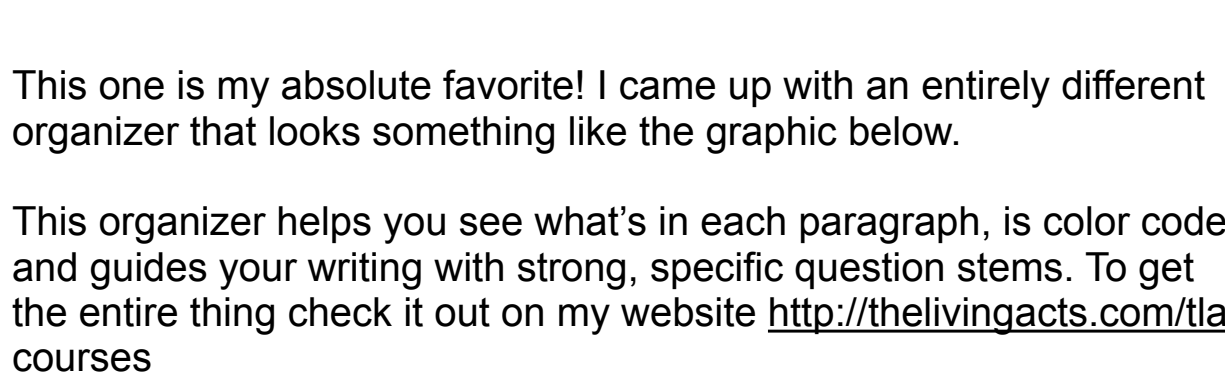
Others need actually to see it in outline form. The planning stage helps to organize and structure your thoughts.

Roman Numeral Outline -Used by many people to help organize their thoughts. It helps to show the direction of your content. This works for an essay, blog, ad copy, book, etc.

- A. Summarize what is meant by gifted and double-o
 - a. Define Giftedness and Identification

Research Journals/Facts

- B. How are students identified/assessed for gifted A
 - a. How are students identified and assessed
 - i. Overall identification Process
 - ii. Blacks vs. Others
- C. Why it's potentially important or beneficial for chil gifted.
- D. Any national demographic statistics you can find racial/ethnic, gender comparisons.
- E. Introduce the various explanations for disparity in is usually brief and is intended as a broad intro to cover and frames your research question).

[illegible]

This organizer helps you see what's in each paragraph, is color coded and guides your writing with strong, specific question stems. To get the entire thing check it out on my website <http://thelivingacts.com/tla/courses>

WRITING MAP	
Paragraph 1 (Introduction)	<p>Introductory Information: Have an interesting q that catches the readers attention. Give some background information. Try using an interesting fact, an link or a question.</p> <p>Thesis: (Last Sentence): 1. Write a sentence or 2 describing what your paper will be about. What is talking about and what about that subject?</p>
Paragraphs (After Introduction) (Chapters)	<p>Write a topic (a sentence describing what your about) / Transition Sentence (For Example)</p> <p>Write a paragraph about the first item listed in go the next! DO NOT write about anything else in it</p> <p>Make sure to include specific details and connect relate to your topic.</p>
Paragraph 3 (Conclusion)	<p>Write a final Transition Sentence (in conclusion, REPEAT WHAT YOU'VE ALREADY SAID!!) What differently? What lesson did you learn? What can future?</p>

Writing. Here you begin the first draft in its entirety. During this stage, you start to form sentences from your planning stage. If you're writing an essay, please be sure to have five or more clauses per paragraph.

and use transition words beginning in the second paragraph. Are you a business owner writing content for your business website? This area requires the writing process as well. You'll always tweak and adjust to your market and audience.

Revising - After you write, this stage is where you'll focus on sentences and words. You may remove a few sentences and or words and replace them with new ones.

The writer may switch around sentences and or paragraphs. The objective is to make sure there are conciseness and a nice flow of your writing. To ensure smoothness and consistency, I highly recommend reading it aloud.

This is a practice I go through with my students and clients. Hearing what is written aids in the revision stage.

Editing - This stage wraps up your content. Here is where you focus primarily on grammar and spelling. The grammar includes comma usage, subject-verb agreement, etc. (See Key #2).

Publishing - You're now ready to submit the polished content for public appearance. It's ok to have one up to three others read your content if time permits.

I don't suggest more than three because you don't want any "confusion" regarding it. Too many voices are just not good. I've lived by this rule for my published works.

We recently announced through media outlets the Jacqueline T. Hill, "Writing Your Way Through Fears" program and course. It represents my efforts to support writing needs for frustrated writers in education and business ownership.

As aforementioned, I am a certified (early "retired") English teacher with over ten years of classroom experience, curriculum writing and ensuring that learners matriculate and grow in writing.

Many learners demonstrate weaknesses in writing, and my program has the cure for it. I know it will change many lives, help people write at any level and solve many problems.

I've worked with students and adults who wrote less than 20% for an essay, blog and web content and have developed a proven tool and strategy that demonstrates growth beyond 70%.

My program and course focus' on the following areas in isolation:

Introduction

Thesis Statement

Body Paragraphs

Transition Words

Conclusion

Brief Revising and Editing Techniques

Web Copy

Copywriting

Blogging

I have a solution for Writing Your Way Through Fears that currently offers a free 45-minute strategy consultation to support writers in the ways they deserve.

Mostly, it is structured to help and serve learners in a capacity that will build confidence and stamina, write at any level and assist business owners with their content to gain more leads and sales!

Fearful Writers, Business Owners, Entrepreneurs, Bloggers, Authors, PhD Students can schedule here <http://thelivingacts.com/free-45-minute-strategy-call/>



If you're a student or know of a student struggling in the area of writing, you can download the course here <http://thelivingacts.com/tla-courses/>

Secret #7

How to Get Reach and Exposure

This key is for business owners, authors, and entrepreneurs. It may work for doctoral students because your dissertation and other articles are ready for publication after your defense.

You want to leverage your presence using social media and online platforms.

I highly suggest this way because it requires little to no cost. Do the following:

Create a fan page for your brand, especially on facebook.

Join groups around your brand and market.

Make your presence known in these groups.

Get permission to share your content.

Comment on posts.

Write press releases (at least monthly)

Promote like "crazy" on Instagram before its platform changes.

Facebook Ads - Boost your content.

Linkedin - Share articles or blogs.

Twitter - Tweet your content.

Pinterest

Use other outlets like Quora and Ezine Articles.

Guest posts or write for others

These suggestions will get you started. The rest you'll learn as you move forward.

Secret #8 Special Bonus Writing in Your Best Voice & Style

NEVER! NEVER! NEVER permit anyone to change your voice or style in writing. There's a difference between a mentor assisting and developing your writing versus to altering EVERYTHING about your content.

Overall, Style differs from voice. Your style may choose to write poetically with soft, flowery words, using metaphors and similes.

Another's style may be of rich vocabulary--words that cause for a dictionary. Voice is essentially "you" from the heart.

It is your own and is unique to others, which sets you apart from them. Your voice on the page reveals your personality by language and word choice.

I remember feeling inadequate in college around other writing peers. My writing didn't match their style or voice (personality). These feelings can cause stress and anxiety.

You feel this way because you've fully entered the world of "writing competition." And, this limits you from your fullest writing potential. The root of anxiety is fear (see key #1).

It's not good to measure yourself to others, nor compare your writings to theirs. One of my favorite thinkers, Henri Nouwen, offers great words for this in one of his books. In the chapter, "Beyond the Transference of Knowledge," he asserts:

Students who are aware of the fact that all their accomplishments, not only academic but athletic and social accomplishments as well, will be compared with those of others, and who realize that their grades will decide their further schooling, their future job, and even their military status, understandably can become victims of paralyzing fear.

This fear makes many students oversensitive to the reactions of their friends and teachers. This fear makes them extremely self-conscious, highly defensive in their relationships with others, constantly concerned about the possibility of failure, and very hesitant to take any risks or do anything unexpected. Often this fear becomes the unaccepted ruler over everything they WRITE, SAY or EVEN THINK. Through this fear, competition prevents students' free development as complete human persons.

Creative Ministry Henri Nouwen, Doubleday Publishers, USA 2003

Mistakes may cause reactions that provoke adrenaline rushes and anxieties. If allowed, mistakes can lure you into competitive rounds to not look bad.

Who wants to look bad in front of others? Henri Nouwen asserts that competition will increase and compound stresses. He contends people are not here to compete, but those systems constrain us into this mode of thinking and becoming.

I concur with Nouwen. You can feel stressed reviewing your writings over and over because you desire your works to be that of excellence. Remove yourself from the competitive nature that's out there.

You are unique. Your writings will not be like anyone else. If at any moment you feel overwhelmed, step away from the project. Go into another zone of something you love.

Another alternative is to talk to a close friend or partner about your frustrations. Removing yourself and taking breaks are healthy aspects of the life of a writer.

Your creative energies cannot flow under pressures that bring restrictions. Restrictions suffocate creativities.

When I mentor writers for personal, education or business, I am intentional about maintaining their voice and style.

You already come to the table with an authentic voice and vernacular, which should be honored wherever it goes. Even if people don't agree with it (and yes they have this right), write from your heart and with the best intentions.

Your unique voice and style show the real you. And, this is at the core of Writing Your Way Through Fears!