

#NANOWRIMO Workbook  
Write Your Novel in 30 Days

[www.tauricox.com](http://www.tauricox.com)

## Month-Before Checklist

- Commit to writing a novel and get excited.
- Write out your motivation and inspiration.
- Plan your “beating the block” ideas.
- Craft your novel’s pitch.
- Spend a day researching.
- Create character profiles for your master/major characters.
- Build your world and design your main settings.
- Develop your master character’s Hero’s Journey.
- List important scenes and plot points on notecards.
- Choose word count, pace and other goals.
- Generate weekly and final reviews.
- Search for plot holes by discussing with a friend.
- Prepare your writing space.
- Seek out writing buddies and write-ins.
- Warn family and friends.
- Decide on a reward for when you are done!

## Motivation

|                                |  |
|--------------------------------|--|
| Why I love my story:           |  |
| Why I love my main characters: |  |
| Why I must finish writing:     |  |
| How I am going to celebrate:   |  |

Inspiration



# Beating the Block

- Go for a walk.
- Turn on some music. “Classical for Studying” is my favorite Pandora station.
- Do something else creative: read, paint, craft, work on another project.
- Change your environment up... If you are at home, go to a coffee shop.
- Do twenty jumping jacks – get your blood flowing!
- Reread your story’s pitch. Get inspired again.
- TURN OFF YOUR PHONE AND CLOSE EMAIL & SOCIAL MEDIA.
- Give yourself a break. The world will not end if you set your novel aside for an hour or two.
- Take a shower. I get all my best ideas in the shower.
- Call a friend or family member. Talk through your plot with them.
- Have a glass of your favorite alcoholic beverage. Take the edge off... There’s a reason so many writers are drinkers.
- Get a good night’s sleep.
- Stop writing when you know what is coming next.

|                          |  |
|--------------------------|--|
| What works best for you? |  |
|--------------------------|--|

## Craft Your Pitch

What is my story about?

What is my story about?

What impression do I want to leave with my readers?

Premise sentence:

**A** must do **B** to avoid/accomplish **C**,  
but **D** is a huge problem.

Three adjectives to describe my voice:

To Research

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# Character Profile

Name:

Age:

Occupation:

Archetype:

Master

Major

Minor

## SUMMARY

Who is she?

What is her contradiction?

How would she slay a dragon?

What is her darkest secret?

Where does she see herself in 10 years?

## JOURNEY

Superficial goal:

Ultimate goal:

Motivation:

Conflict:

Awakening:



## INDIVIDUALITY

Flaws:

Hobbies:

Graces:

Fears:

Quirks:

Accomplishments:

Skills:

Regrets:

Most comfortable when:

Most uncomfortable when:

MBTI:

Extraverted | Introverted   Sensing | Intuition   Thinking | Feeling   Judging | Perceiving

## FAVORITES

Color:

Expression:

Music:

Quote:

Food:

Possession:

Drink:

Hangout spot:

## BACKGROUND

Hometown:

Family:

Relationship status:

Education:

Religion:

# Setting Profile

|                       |  |
|-----------------------|--|
| City/Town/<br>Region: |  |
|-----------------------|--|

|                      |  |
|----------------------|--|
| Year/Time<br>Period: |  |
|----------------------|--|

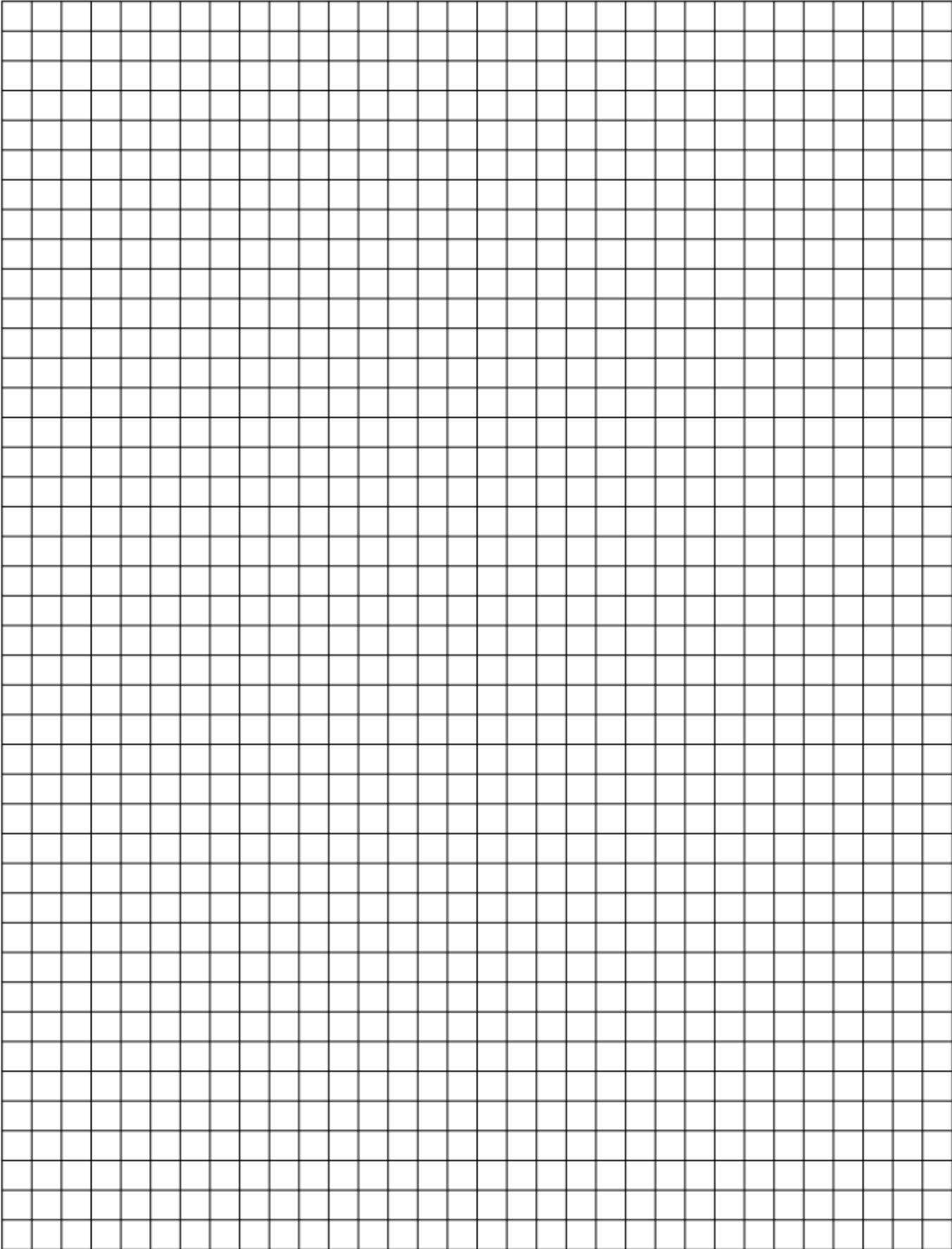
|         |  |
|---------|--|
| Season: |  |
|---------|--|

|          |  |
|----------|--|
| Purpose: |  |
|----------|--|

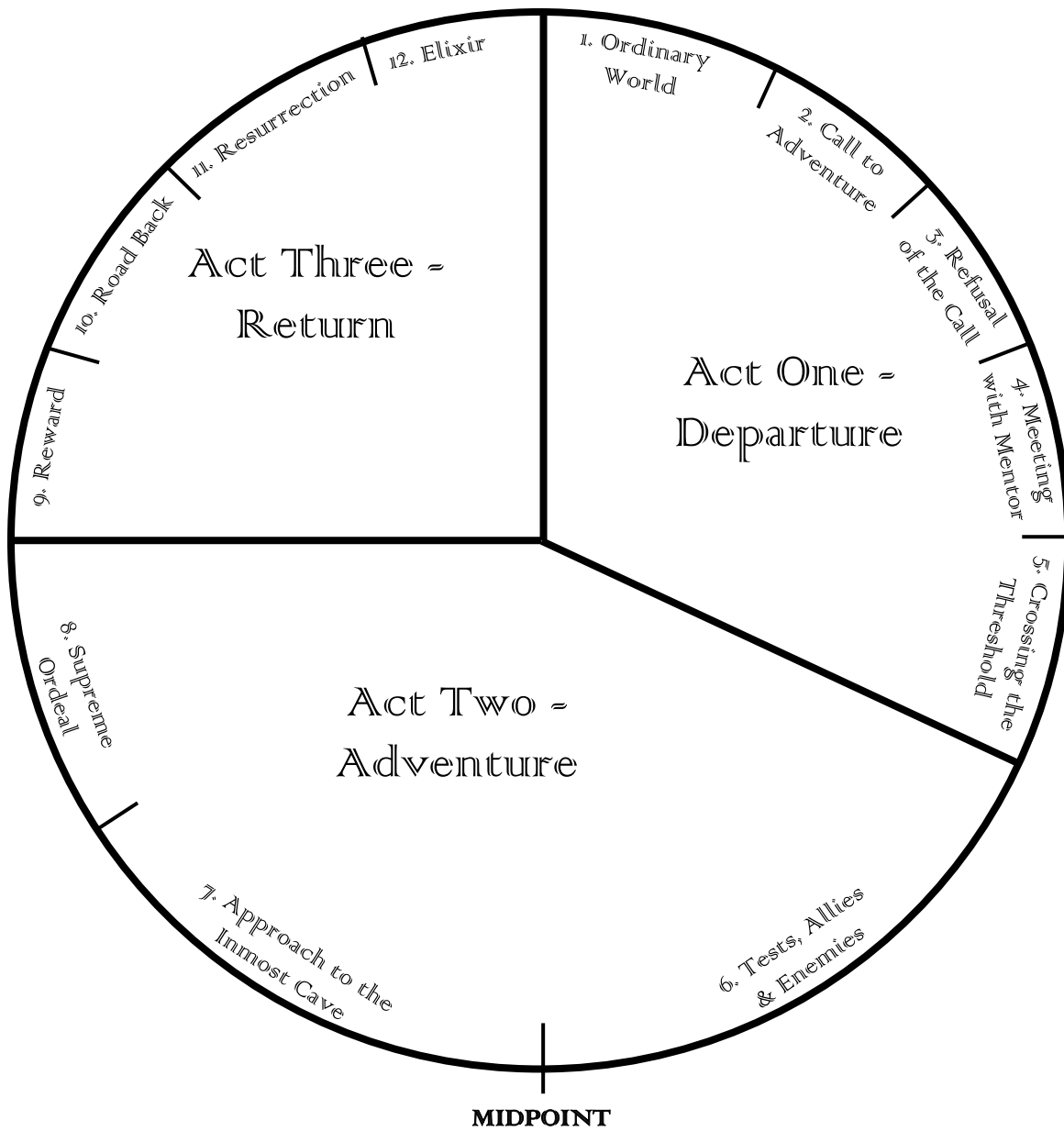
|   |  |
|---|--|
| How do your<br>main<br>characters feel<br>about the<br>setting? |  |
|---|--|

|                      |  |
|----------------------|--|
| Additional<br>Notes? |  |
|----------------------|--|

# Setting Map



# The Hero's Journey



## Other Important Plot Points

Scene































Brainstorm:

Plot Holes:

# #NANOWRIMO Goals

|                           |  |
|---------------------------|--|
| DAILY WORD<br>COUNT       |  |
| # of CHAPTERS<br>IN NOVEL |  |
| # of WORDS<br>PER CHAPTER |  |
| WRITING<br>TIME PER DAY   |  |
| DAILY WORD<br>COUNT       |  |
|                           |  |

# Writing Log

| Oct 30  | 31  | Nov 1   | 2   | 3   | 4   | 5   |
|---|---|---|---|---|---|---|
| 3...2...1...GO!   |   | WC:<br><br>Mins:   | WC:<br><br>Mins:   | WC:<br><br>Mins:   | WC:<br><br>Mins:   | WC:<br><br>Mins:   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| WC:<br><br>Mins:   | WC:<br><br>Mins:   | WC:<br><br>Mins:   | WC:<br><br>Mins:   | WC:<br><br>Mins:   | WC:<br><br>Mins:   | WC:<br><br>Mins:   |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| WC:<br><br>Mins:   | WC:<br><br>Mins:   | WC:<br><br>Mins:   | WC:<br><br>Mins:   | WC:<br><br>Mins:   | WC:<br><br>Mins:   | WC:<br><br>Mins:   |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| WC:<br><br>Mins: | WC:<br><br>Mins: | WC:<br><br>Mins: | WC:<br><br>Mins: | WC:<br><br>Mins: | WC:<br><br>Mins: | WC:<br><br>Mins: |
| 27  | 28  | 29  | 30  | Dec 1   | 2   | 3   |
| WC:<br><br>Mins: | WC:<br><br>Mins: | WC:<br><br>Mins: | WC:<br><br>Mins: | CELEBRATE!  |   |   |

# Week 1 Review

Date:

|                                       |  |
|---------------------------------------|--|
| Words Written:                        |  |
| Words Left:                           |  |
| I'm feeling:                          |  |
| I'm learning:                         |  |
| My favorite line:                     |  |
| My favorite scene:                    |  |
| My best writing session:              |  |
| Trials, tribulations, & triumphs:     |  |
| Things to keep in mind for next week: |  |



# Week 2 Review

Date:

|                                       |  |
|---------------------------------------|--|
| Words Written:                        |  |
| Words Left:                           |  |
| I'm feeling:                          |  |
| I'm learning:                         |  |
| My favorite line:                     |  |
| My favorite scene:                    |  |
| My best writing session:              |  |
| Trial, tribulations, & triumphs:      |  |
| Things to keep in mind for next week: |  |

# Week 3 Review

Date:

|                                       |  |
|---------------------------------------|--|
| Words Written:                        |  |
| Words Left:                           |  |
| I'm feeling:                          |  |
| I'm learning:                         |  |
| My favorite line:                     |  |
| My favorite scene:                    |  |
| My best writing session:              |  |
| Trial, tribulations, & triumphs:      |  |
| Things to keep in mind for next week: |  |

# Week 4 Review

Date:

|                                       |  |
|---------------------------------------|--|
| Words Written:                        |  |
| Words Left:                           |  |
| I'm feeling:                          |  |
| I'm learning:                         |  |
| My favorite line:                     |  |
| My favorite scene:                    |  |
| My best writing session:              |  |
| Trial, tribulations, & triumphs:      |  |
| Things to keep in mind for next week: |  |

# Week 5 Review

Date:

|                                       |  |
|---------------------------------------|--|
| Words Written:                        |  |
| Words Left:                           |  |
| I'm feeling:                          |  |
| I'm learning:                         |  |
| My favorite line:                     |  |
| My favorite scene:                    |  |
| My best writing session:              |  |
| Trial, tribulations, & triumphs:      |  |
| Things to keep in mind for next week: |  |

# Final Review

Date:

|   |  |
|---|--|
| Total Words<br>Written:                     |  |
| Avg Words<br>Written per day:               |  |
| Total Time<br>Spent Writing:                |  |
| Avg Time<br>Spent per day:                  |  |
| Best Place<br>to Write:                     |  |
| Best Time<br>of Day:                        |  |
| Worst Time<br>of Day:                       |  |
| Approx # of<br>words to finish:             |  |
| Trials,<br>tribulations,<br>& triumphs:     |  |
| Things to keep<br>in mind for<br>next week: |  |

Final Review - Notes for Revision

A large, empty rounded rectangular box with a thin black border, intended for students to write their notes for revision. The box occupies most of the page's vertical space.