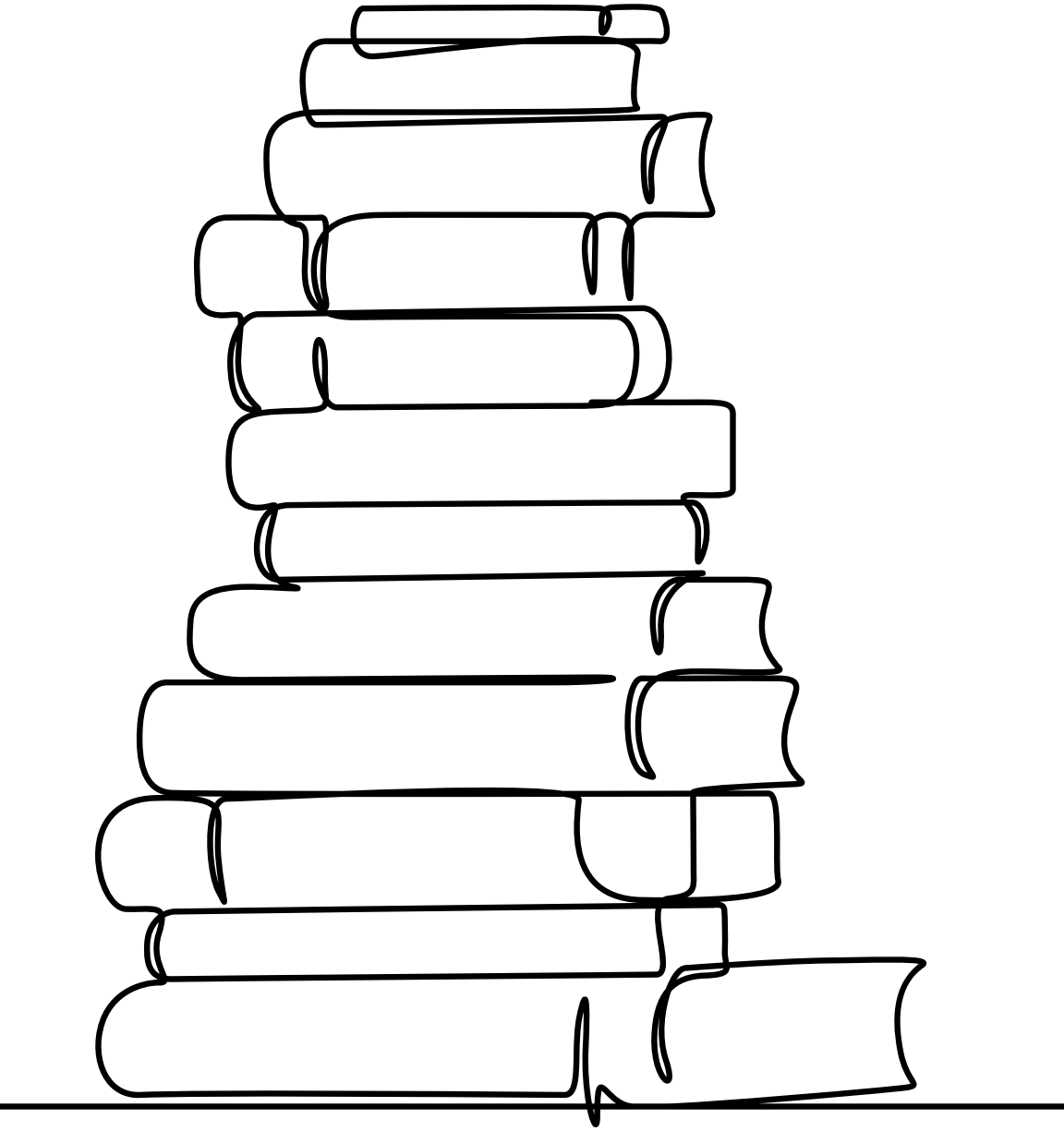
This Journal is For Writing Your Book

From Planning to Publishing

Tropes, Writing Sprint Trackers, and More

Novel Goals



Word Count by Genre

Memoir – 45,000 to 80,000

Self-Help Book – 30,000 – 70,000

Fantasy Novel – 90,000 – 200,000

Sci-fi Novel – 80,000 – 150,000

Romance Novel – 50,000 – 90,000

Mystery Novel – 40,000 – 80,000

Horror Novel – 40,000 – 80,000

Dystopian Novel – 80,000 -120,000

Contemporary Novel – 70,000 – 90,000

Thriller / Suspense Novel – 70,000 – 90,000

Young Adult Book – 60,000 – 90,000

Middle-Grade Book – 20,000 – 55,000

Word Count by Age

0-3 years old: up to 100 words

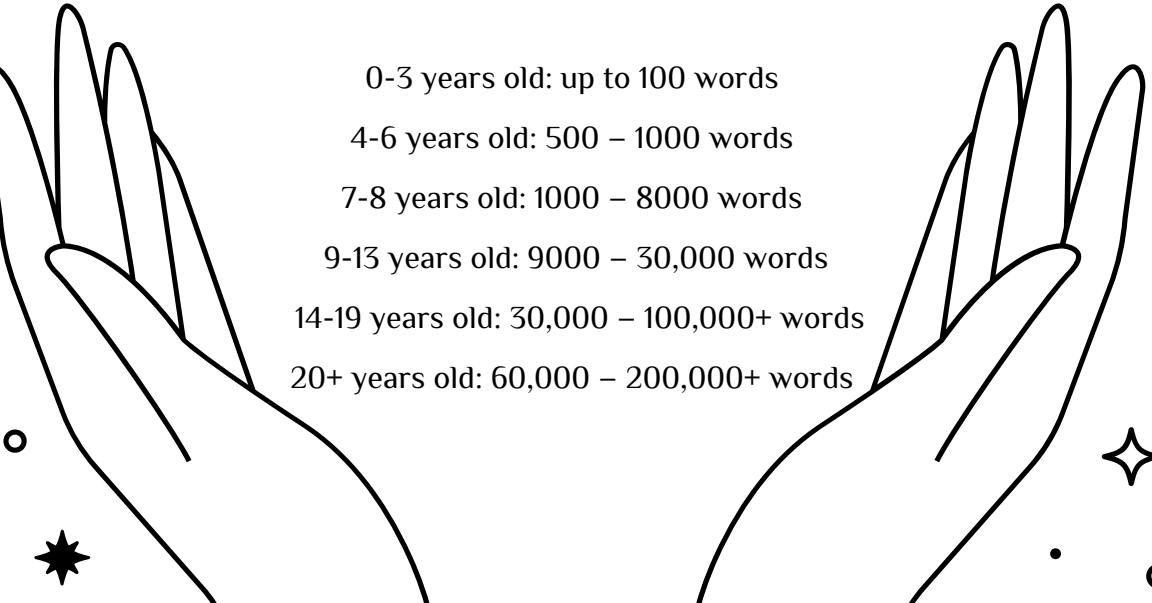
4-6 years old: 500 – 1000 words

7-8 years old: 1000 – 8000 words

9-13 years old: 9000 – 30,000 words

14-19 years old: 30,000 – 100,000+ words

20+ years old: 60,000 – 200,000+ words



Word Tracker

1k 2k 3k 4k 5k 6k 7k 8k

9k

10k

11k

12k

13k

14k

15k

16k

17k

18k

19k

20k 21k 22k 23k 24k 25k 26k

27k

28k

29k

30k

31k

32k

33k

34k

35k

36k 37k 38k 39k 40k

41k

42k

43k 44k 45k

46k

47k

48k

49k

50k



51k 52K 53k 54k 55k 56k 57k 58k

59k

86k 87k 88k 89k 90k

60k

85k 91k 61k

84k 92k 62k

83k 95k 94k 93k 63k

82k 96k 64k

81k 97k 65k

80k 98k 66k

79k 99k 67k

78k 68k

77k 69k

76k 75k 74k 73k 72k 71k 70k

100k



101k 102k 103k 104k 105k 106k 107k 108k

109k

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120k 121k 122k 123k 124k 125k 126k

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136k 137k 138k 139k 140k

141k

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143k 144k 145k

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151k 152K 153k 154k 155k 156k 157k 158k

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163k

182k 196k

164k

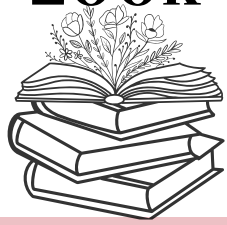
181k 197k

165k

180k 198k

166k

200k



179k 199k

167k

178k

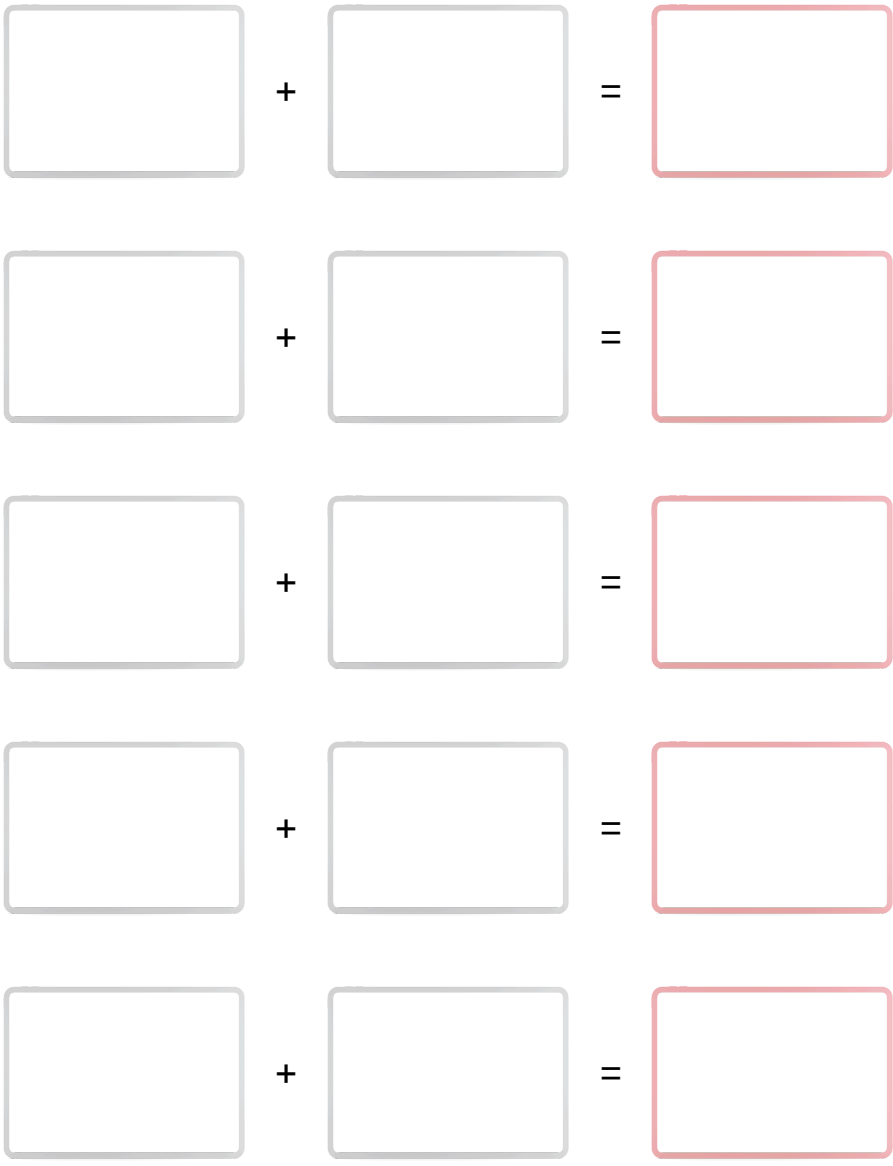
168k

177k

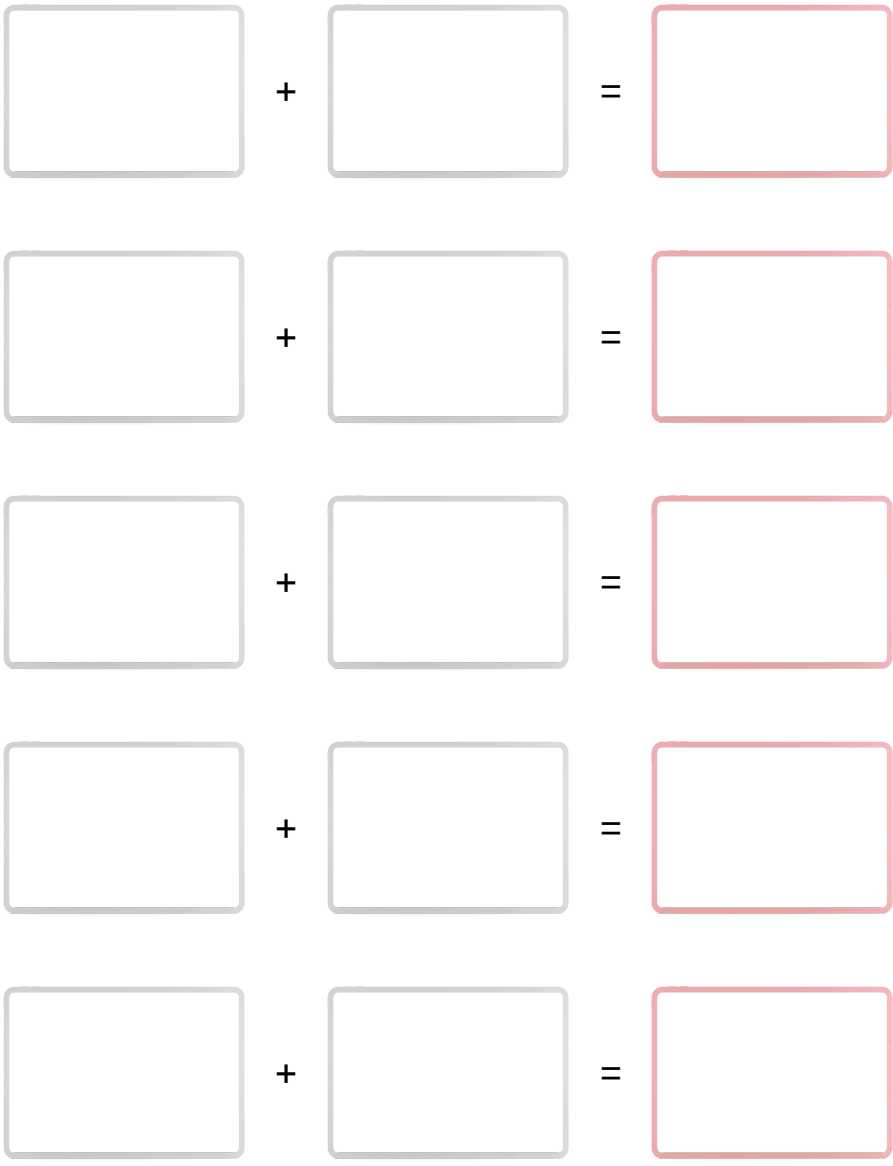
169k

176k 175k 174k 173k 172k 171k 170k

Sprint Tracker



This Session's Total: _____



This Session's Total: _____

Common Trope Checklist

- ☐ Academic Rivals
- ☐ Alpha Hero
- ☐ Amateur Detective
- ☐ Amnesia
- ☐ Antihero
- ☐ Arranged Marriage
- ☐ Bachelor Auction
- ☐ Bad Boys
- ☐ Best Friend's Brother
- ☐ Betrayal
- ☐ Blackmail
- ☐ Blind Date
- ☐ Boss
- ☐ Brutally Honest
- ☐ Bully
- ☐ Celebrity
- ☐ Childhood Friends
- ☐ Country Inn
- ☐ Coming of Age
- ☐ Cozy Mystery
- ☐ Christmas
- ☐ Circle of Friends
- ☐ Dare/Bet
- ☐ Dating Game
- ☐ Doesn't Care What Anyone Thinks
- ☐ Enemies to Lovers
- ☐ Fake Dating
- ☐ Fated Mates / Fated to be Together
- ☐ First Love
- ☐ Forbidden Love
- ☐ Forced Proximity
- ☐ Found Family
- ☐ Friends to Lovers
- ☐ Frenemies
- ☐ Girl Next Door
- ☐ Grieving
- ☐ Grumpy x Sunshine
- ☐ Happily Ever After
- ☐ He Saves Her
- ☐ Healing/Recovery
- ☐ Healthy Romance / Relationships
- ☐ Heir/Heiress
- ☐ Heists
- ☐ Hidden Identity/Secrets
- ☐ Holiday Romance
- ☐ Insta-Love
- ☐ Kidnapped
- ☐ Learning to Love
- ☐ Listens to No One, Except...
- ☐ Love Triangle
- ☐ Magic Boarding School
- ☐ Marriage of Convenience
- ☐ Medical Romance
- ☐ Mistaken Identity
- ☐ Misunderstandings / Misconceptions / Miscommunication
- ☐ Nanny
- ☐ New Girl/Guy in Town
- ☐ Only One Bed
- ☐ Opposites Attract
- ☐ Prisoner
- ☐ Prophecies
- ☐ Protector/Bodyguard

- ☐ Prove the Family Wrong
- ☐ Queen of Nothing/No Power
- ☐ Quests
- ☐ Race to the Airport
- ☐ Rags to Riches
- ☐ Rebellions
- ☐ Reluctant Hero
- ☐ Revenge
- ☐ Rock Star
- ☐ Royalty
- ☐ Runaway Bride
- ☐ Sarcasm as a Defense Mechanism
- ☐ Saving Her from “Mr. Wrong”
- ☐ Saves Her from Bully Crowd
- ☐ Second Chance Love
- ☐ Secret Baby
- ☐ Secret Billionaire
- ☐ Secret Cinnamon Roll
- ☐ Secret Friends
- ☐ Secretly Living in Someone Else’s House
- ☐ Shared Past
- ☐ She Saves Herself
- ☐ She Saves Him
- ☐ Single Parent
- ☐ Slow Burn Romance
- ☐ Small Town
- ☐ Solving Mysteries
- ☐ Stollen Memories
- ☐ Strong Friendships
- ☐ Strong Parent Figures
- ☐ Strong Sibling Relationships
- ☐ Superpowers
- ☐ Swordplay and Fighting
- ☐ The Chosen One
- ☐ the Lost Heir
- ☐ Trauma
- ☐ Touch Her and Die
- ☐ Unexpected Plot Twist
- ☐ Unexpected Pregnancy
- ☐ Unlikely Friendships
- ☐ Villain Origin Story
- ☐ Wrong Side of the Tracks

More Tropes

Overused/Unnecessary Words

Really	Began	Breathe
Very	Begun	Inhale
That	Somewhat	Exhale
Just	Somehow	Shrug
Then	Said	Some
Totally	Replied	Things
Completely	Asked	So
Absolutely	Down/Up	Was
Literally	Wonder	Is
Definitely	Ponder	Are
Certainly	Think	Am
Probably	Thought	Reach
Actually	Feel	Nod
Basically	Felt	Rather
Virtually	Understand	Quite
Start	Realize	
Begin	Breath	

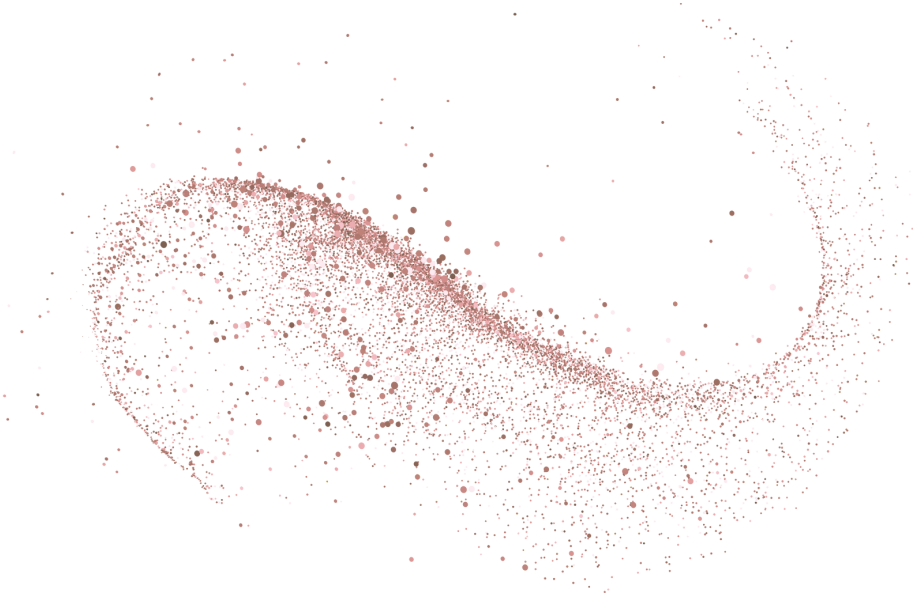
My Overused Words

Book Release Checklist

Publishing

- ☐ Set Budget
- ☐ Set Release Date
- ☐ Finalize Title, Subtitle, Series Title, Author Name
- ☐ Write Finalized Blurb/Book Description
- ☐ Hire Cover Designer
  - o Front Cover
  - o Cover Wrap (if Physical Book)
    - Soft Cover
    - Hard Cover (With and/or Without Jacket)
  - o Audiobook Cover (if Needed)
- ☐ Cover Page Design
- ☐ Hire Editor(s)
  - o Developmental Editor
  - o Line Editor
  - o Copy Editor
  - o Proofreader
  - o Other
- ☐ Formatting
- ☐ Hire Illustrator (if Needed)
  - o Header and Scene Break Illustrations
  - o Book Illustrations
- ☐ Front and Back Matter
  - o Disclaimer
  - o Dedication(s)
  - o Author Page (with or Without Links)
  - o Acknowledgments
  - o Also By Page
  - o Story Formatting
- ☐ Set Up Book on Platforms
  - o Choose Platforms (Amazon, IngramSpark,

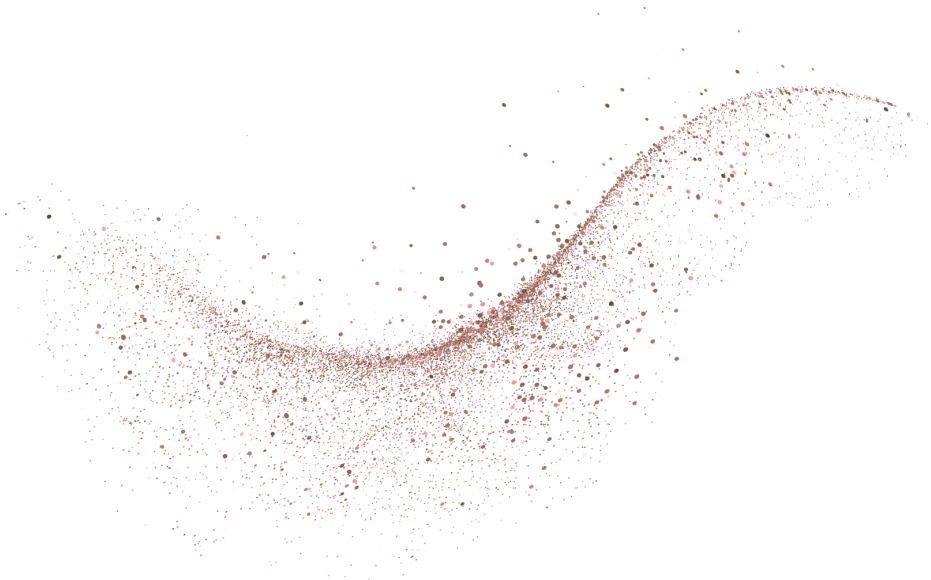
etc.)
    - Choose Book Formats (eBook, Paperback, Hardcover, Audiobook)
- ☐ Get ISBNs (and Barcodes?)
- ☐ Choose Price(s) (Price Competitively)
- ☐ Choose Keywords
- ☐ Choose Categories
- ☐ Submit Interior and Exterior for each Platform
- ☐ Set up Preorder
- ☐ Order Proof Copy
- ☐ Upload FINAL Interior and Exterior Files for Release
- ☐ Check Links to All Venders
- ☐ Make Master Link with Books2Read
    - Put Master Link on Website
- ☐ Copyright (if Wanted)



Marketing

- ☐ Release Team/Street Team
- ☐ Research Influencers
- ☐ Put out Signups/Hire Someone (Netgalley, Storyorigin, etc.)
- ☐ Hire PR Company (if Wanted)
- ☐ Promo Images
- ☐ Cover Reveal
- ☐ Release Day Reveal
- ☐ Blurb Reveal
- ☐ ARC (Advance Review/Reader Copies)
- ☐ Send ARCs (Physical or Digital)
- ☐ Giveaway
    - o Have prize for Everyone Who Enters (Email Character Art, First Chapter, Map, Etc.)
    - o Plan Number of Winners (1? 3? 5?)
- ☐ Have Physical Prize for Winner
- ☐ Book Trailer
- ☐ Update Author Website
    - o Homepage
    - o Add Book Page/Series Page
- ☐ Goodreads
    - o Set Up Author Page
    - o Add Book to Goodreads
    - o Set up Goodreads Giveaway (if Wanted)
    - o Utilize Update Feature
- ☐ Utilize Blog Feature for Big Events
- ☐ Social Media (Instagram, Threads, X, Facebook, You tube, TikTok, Etc.)
    - o Share Cover, Release Date, Blurb, Etc.
    - o Update Links
- ☐ Share Teaser Experts
- ☐ Share Early Reader Reviews
- ☐ Giveaway Info/Preorder Incentives (First chapter, Character Art, Map, etc.)

- ☐ BookBub
    - o Only do if have multiple books in a series already out.
- ☐ Ads
    - o Plan Where you're Running Ads (Amazon, Facebook, Instagram, etc.)
- ☐ Release Day Celebration
- ☐ ASK FOR REVIEWS
- ☐ Make Sure Links are Everywhere and Up To Date
- ☐ Book Signings
- ☐ ***EMAIL FOR EVERYTHING***

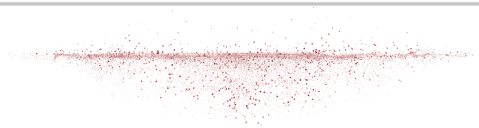


Editors

☐ Early Beta
☐ Development Editor
☐ Beta Reader
☐ Line Editor
☐ Copy Editor
☐ Proofreader
☐ ARC Reader

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Email: _____
Company Name: _____
Website: _____
Date Sent: __/__/____
Date Recieved: __/__/____
Amount Paid: _____

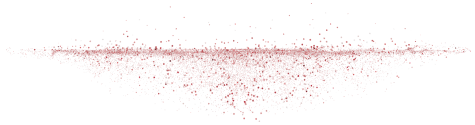
Other: _____



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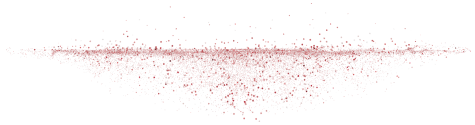
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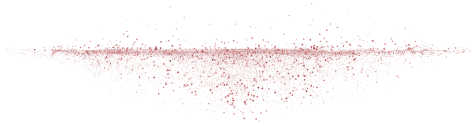
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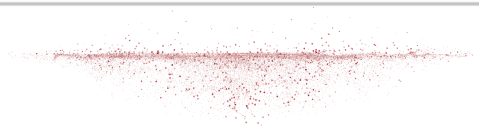
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Artisis

☐ Cover
☐ Title Page
☐ Header
☐ Line Break
☐ Character
☐ Illustrator
☐ Graphic Designer

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Company Name: _____
Website: _____
Date Sent: __/__/____
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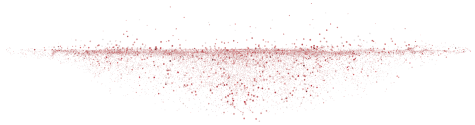
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Date Recieved: __/__/____
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Other: _____



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☐ Graphic Designer

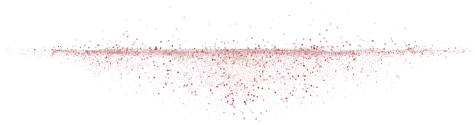
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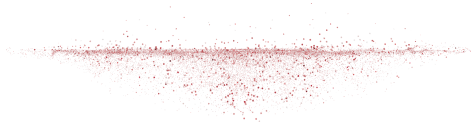
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☐ Illustrator
☐ Graphic Designer

Name: _____
Email: _____
Company Name: _____
Website: _____
Date Sent: __/__/____
Date Recieved: __/__/____
Amount Paid: _____

Other: _____

Characters

Head Shot

Name:
Nickname(s):
Race/Species:
Age: Gender:
Class/Job:
Role:

Eye Colour:
Skin Colour:
Hair Colour:
Other:

Skills

- ◯◯◯ Perception
- ◯◯◯ Communication
- ◯◯◯ Persuasion
- ◯◯◯ Combat
- ◯◯◯ Stealth
- ◯◯◯ Luck
- ◯◯◯ Creativity
- ◯◯◯ Literacy
- ◯◯◯ Cooking
- ◯◯◯ Luck
- ◯◯◯ Pacifying Children
- ◯◯◯ Animal Handling
- ◯◯◯ Meditation
- ◯◯◯ Tech Savvy
- ◯◯◯ Survival
- ◯◯◯ Seduction

Body

Height:	Energy:
Strength:	Beauty:
Dexterity:	Style:
Health:	Hygiene:

- ☐ Extrovert
- ☐ Introvert
- ☐ Anpervert

Personality

- ◯ Ambitious
- ◯ Possessive
- ◯ Jealous
- ◯ Nice
- ◯ Wild
- ◯ Brave
- ◯ Scary
- ◯ Ideal
- ◯ Argeeable
- ◯ Thoughtful
- ◯ Mean
- ◯ Violent
- ◯ Angry
- ◯ Stubborn

Notes

Head Shot

Name:
Nickname(s):
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Age: Gender:
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Other:

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- ◯◯◯ Luck
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- ◯◯◯ Meditation
- ◯◯◯ Tech Savvy
- ◯◯◯ Survival
- ◯◯◯ Seduction

Body

Height: Energy:
Strength: Beauty:
Dexterity: Style:
Health: Hygiene:

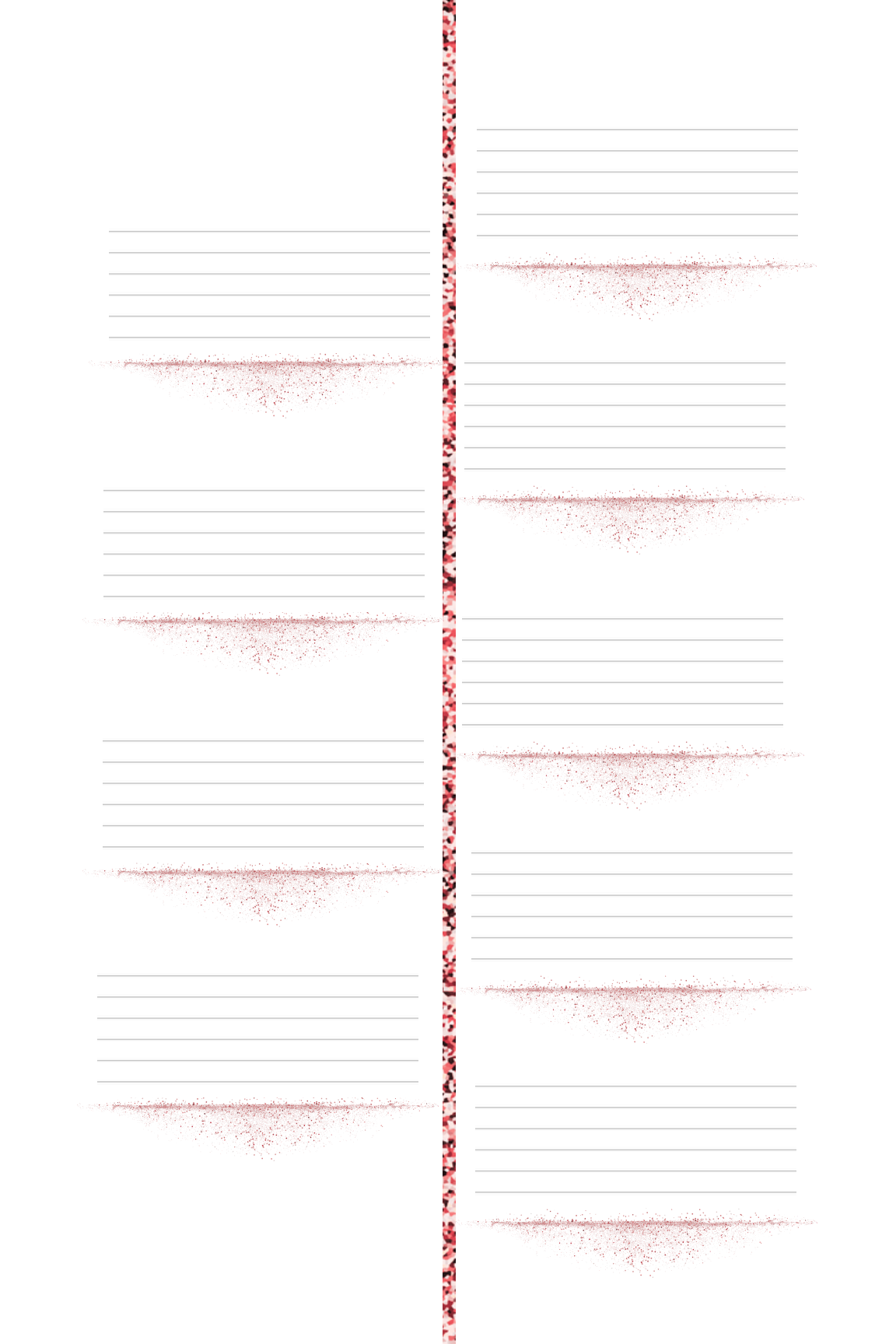
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- ◯ Argeeable
- ◯ Thoughtful
- ◯ Mean
- ◯ Violent
- ◯ Angry
- ◯ Stubborn

Notes

Timeline



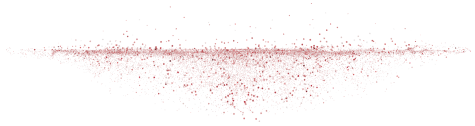
Chapter Summary

Number:

Title:

# of Pages:

Characters Included:



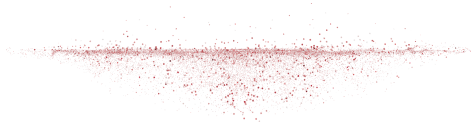
Chapter Brief:

Number:

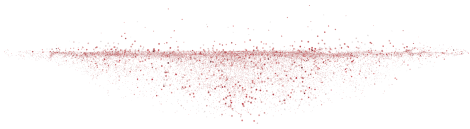
Title:

# of Pages:

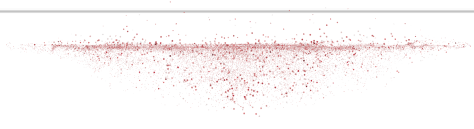
Characters Included:



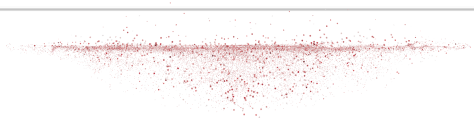
Chapter Brief:



Scene Numer:
Description:



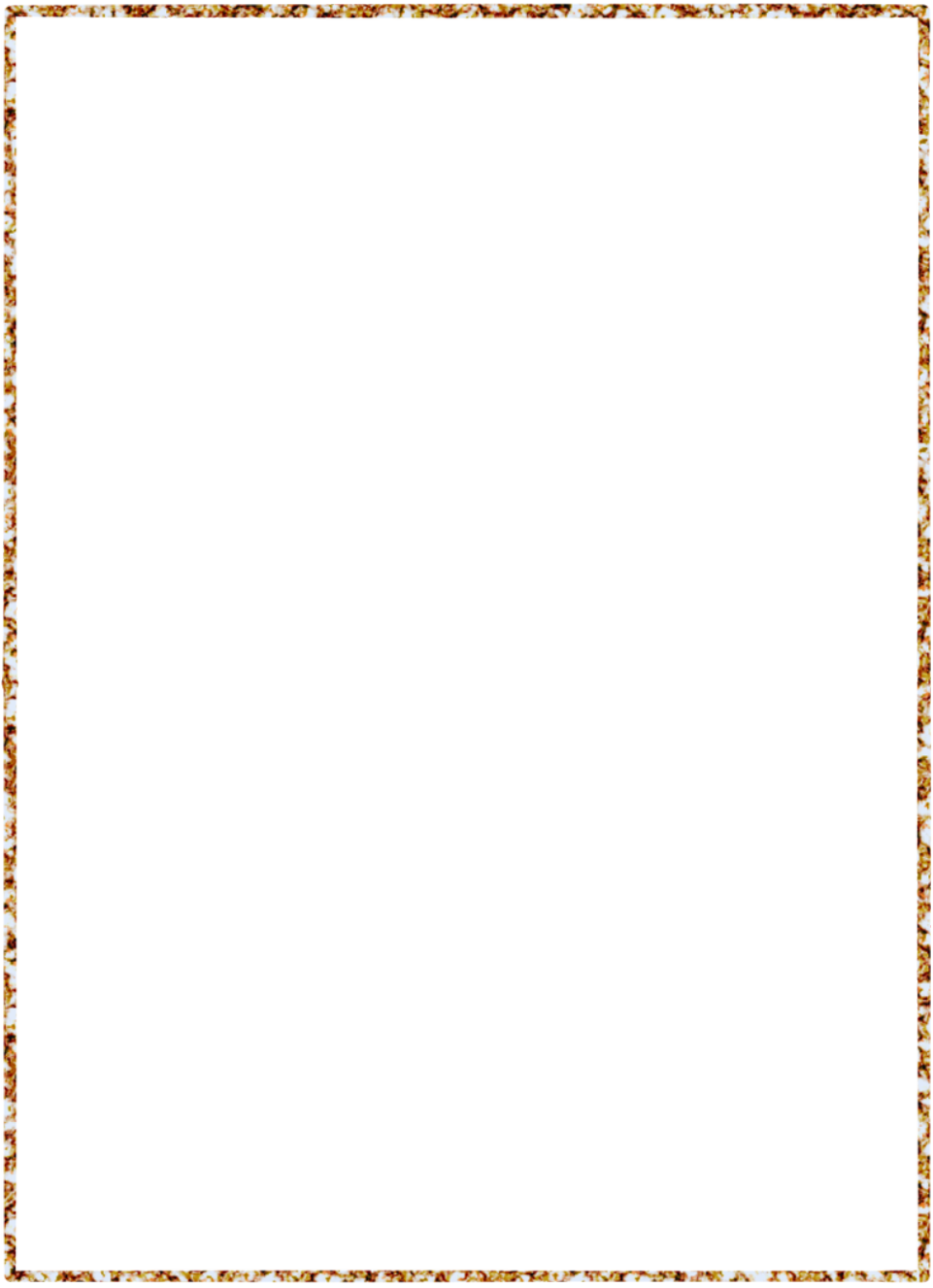
Scene Numer:
Description:



Scene Numer:
Description:

Doodle!!!

Map



Monthly Goal

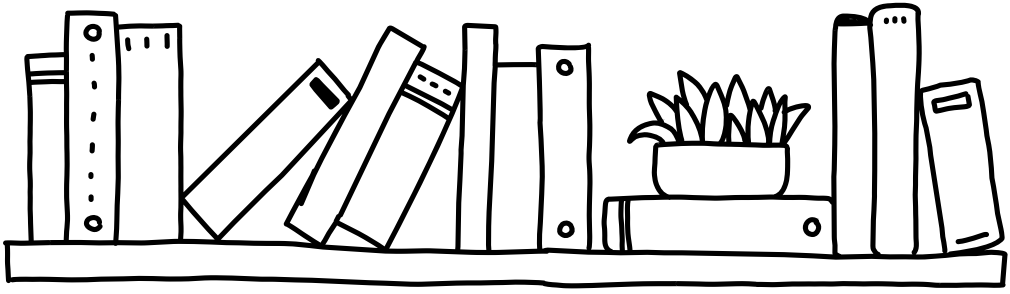
This Month I'm Going to Finish _____ (Write/Edit/Etc.)
My Project (_____ (Title)) By _____ (Date).

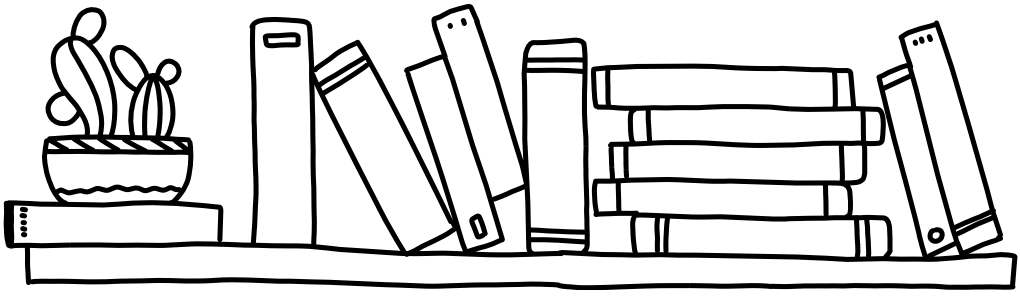
Which Means I need to _____ (Write/Edit/Etc.) by _____ (Date) of pages per day.

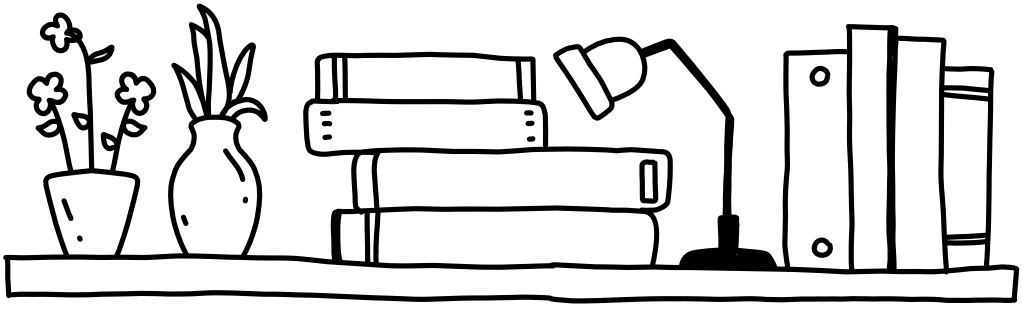
Month: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

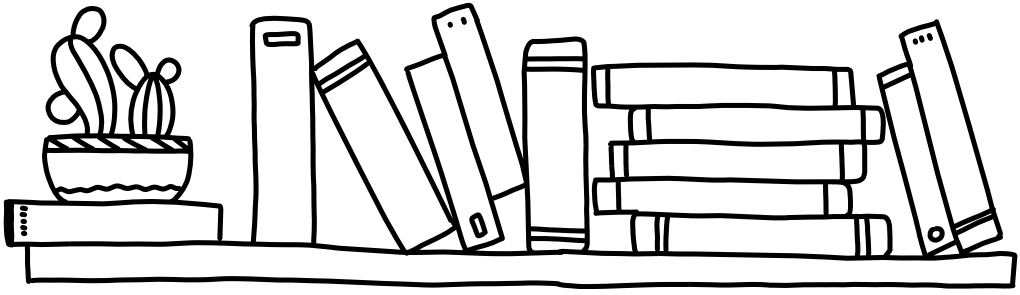
Reading List

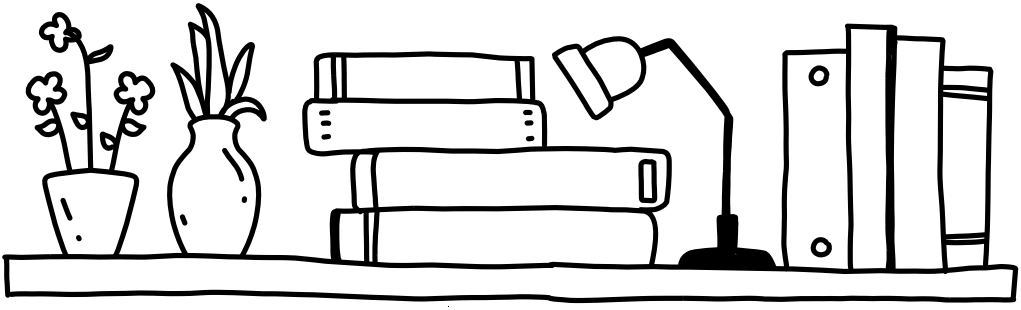












Brainstorming/Notes