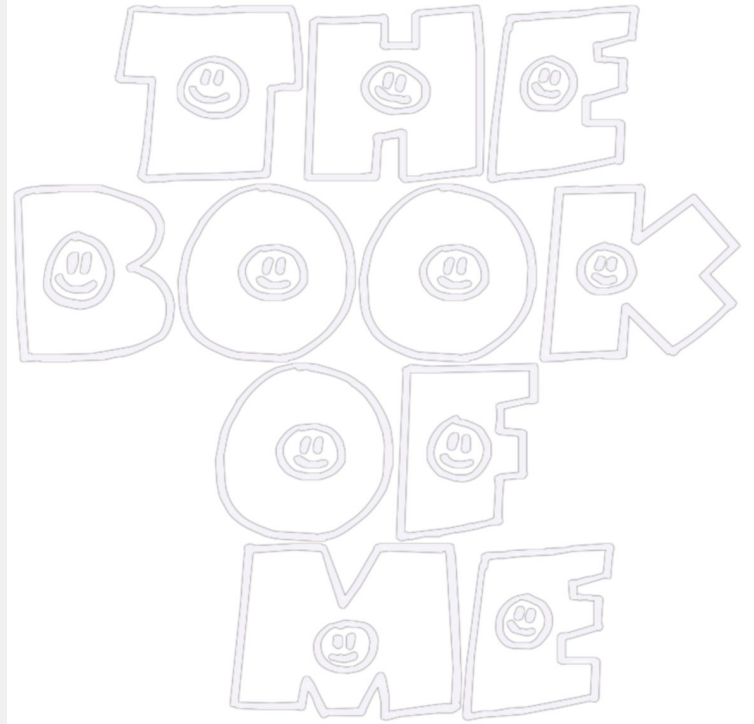


The Book Of Me

Guidelines & Tips



by A. Arlandson

WELCOME!

The Book Of Me is meant to be a conversation with yourself. It is about you, written by you and should be viewed by you and you alone. Although you may want to write your Book over the course of a year, each section asks you to recount the who what, why and when of your year as a whole.

When you decide to start your Book is up to you, but honor that start date by keeping it the same every year if you choose to keep it annual.

The following aren't so much rules but rather guidelines & tips I have discovered over the years that may help you to complete your Book Of Me.
Enjoy!

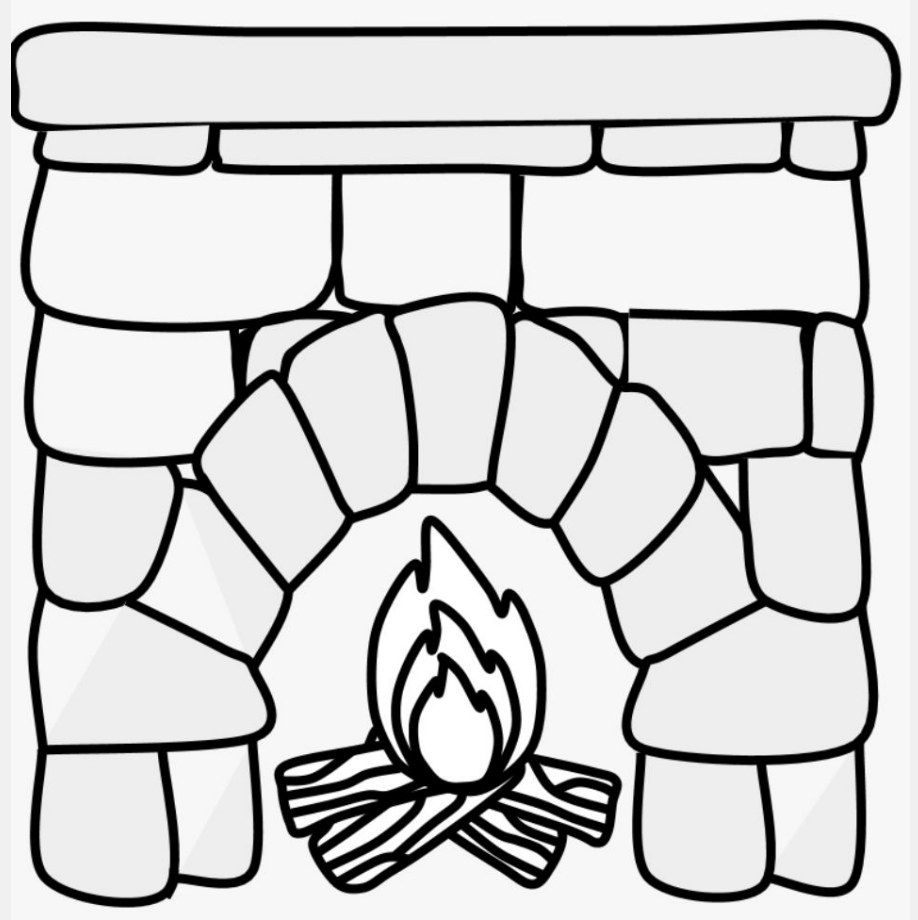
Give Yourself A Deadline

Be Realistic

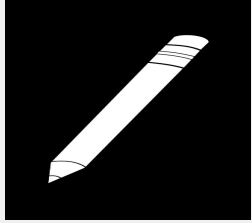
Writing your first Book Of Me could very well take longer than you think. Although there is no rhyme and reason to the order of the sections, the thought process gets more intense as you start specifically reflecting about your past year.

Get Comfortable

Find a quiet, private place to write your Book Of Me. Your best answers will come if you are able to work on it alone or with few distractions.



How You Write

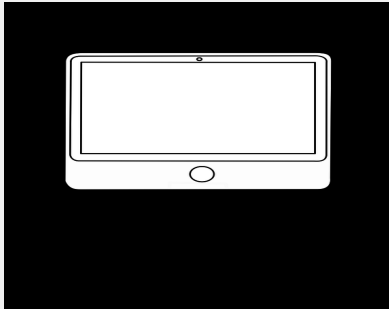


Pen & Paper

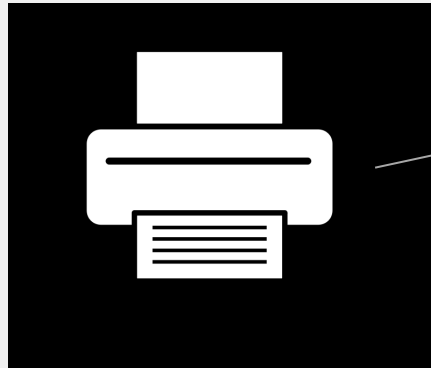
Write whatever way feels best for you. I have used a typewriter and computer to complete my Book in the past.

Now, I take great pleasure in writing my Book by hand. There is something about the hand to mind connection that opens from the act of moving the pen across the page.

Choose the path that feels best for you



Laptop/Computer



You can order the Book Of Me as a Hard Copy to write in!

Print & Write

NOTE: The Book Of Me consists of 23 pages. Our suggestion is to print double sided.

Answer The Questions In Order

Try not to skip around when writing your Book Of Me.
Write it in order—from beginning to end.

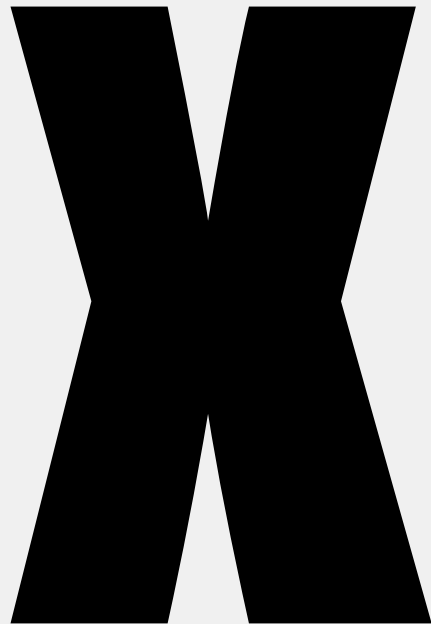
Don't Read Your Book!

The desire is natural but don't give into that urge. Your first answer to most questions is the real answer.

Once you have completed a section your curiosity is going to scream for you to go back and read it.

Don't allow your Inner Editor to take hold, tempting you to change your answers. Once you've completed a section, don't review, don't rewrite.

One of the best things about the Book Of Me is going back to read what you wrote the following year. Try your best to wait.

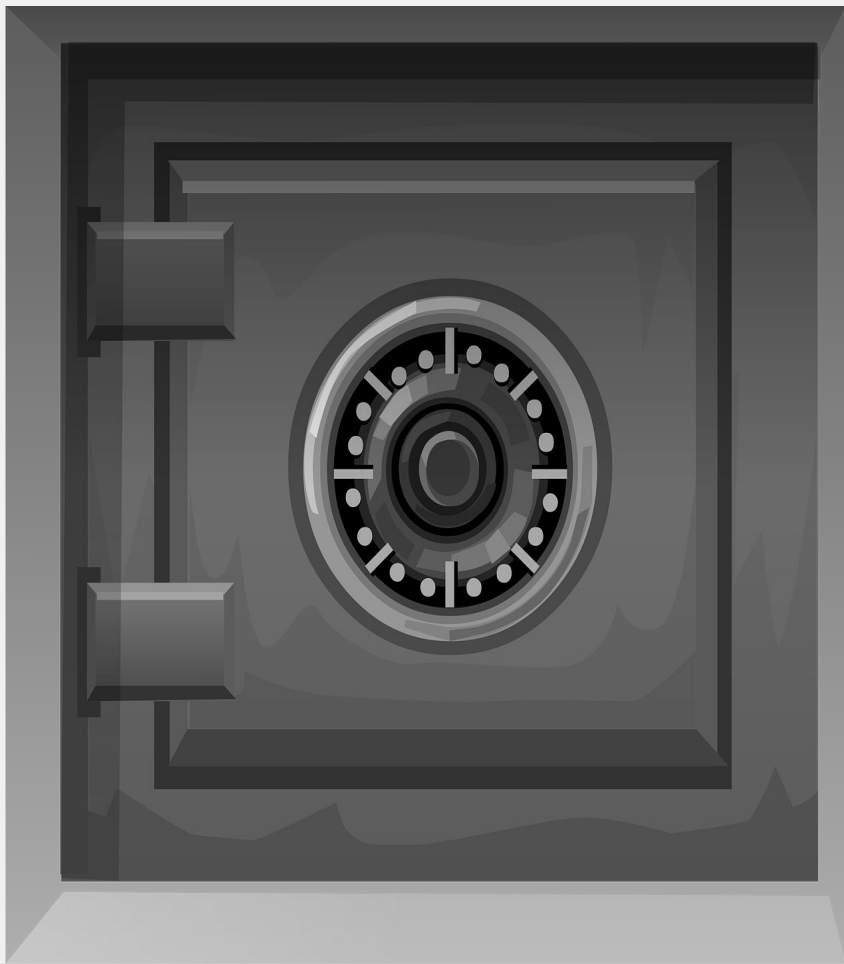


Your Book is written for you, by you. Writing with with a sense of anticipation that someone else may read what you have written diminishes the core of the Book: YOU.

The freeing power of the Book Of Me resides in the knowledge that you are the only person who will ever read it.

No matter how well you write your Book, no one else will experience it with the same clarity.

Don't Share Your Book



Saving Your Book Of Me

In my early years, I decorated binders that contained my Books.

Considering that you want your Book to remain private, it makes sense to keep the collection in a plain and unnoticeable exterior as possible.

Even if I do my Book on my computer, I still print it and add to the collection.

Writing my BOM has been as activity that I have enjoyed for more than 30 years as a welcomed and tangible record of personal growth and change.

I truly hope that you benefit from the experience and hope you start another volume next year!

Remember, it's all about you.

—Aundria

