



# CREATE YOUR WRITING LIFE

## WITH THE CAN DO FORMULA MASTERCLASS

### Welcome to Create Your Writing Life with the CAN DO Formula Masterclass!

#### Why are you here?

- 1 - You want to write a book
- 2 - You want to create a regular writing practice
- 3 - You want to find time to write
- 4 - Another reason that probably relates to the above

#### What are the steps to complete a Toucan20 session?

1	
2	
3	
4	

#### Why does Toucan20 work?

1	
2	
3	
4	
5	
6	



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## What is the CAN DO Formula?



## Cultivate Awareness

### What is Awareness of Activities?

### What days will you track your time?



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## Activate Your Time

**What are the requirements for creating a habit?**

1	
2	
3	
4	

**What are the elements of a Toucan Mode Ritual?**

1	
2	
3	
4	
5	

## Nix Excuses

**Of the two mentioned, which is your most powerful negative internal voice?**

- Self-doubt
- Impostor Syndrome



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## What is the RANG Method?


## Diligently Show Up

### What are the 4 categories of the Plan for Anything tools?

1	
2	
3	
4	

### What are the Resilience Tools?

1	
2	
3	
4	



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## What are the Perseverance Tools?

1	
2	
3	
4	

## What are the Advancement Behavior Tools?

1	
2	
3	
4	

## What are the Consistency Tools?

1	
2	
3	
4	

## Which tools resonate the most with you?

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## Overtake Your Goals

### Why do targets work?

1	
2	
3	

### What are the four steps to overtaking your goals?

1	
2	
3	
4	

### What are the five tools for setting yourself up for success?

1	
2	
3	
4	
5	



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You have everything you need. Fill in the steps to create your writing life!



**Cultivate Awareness**



**Activate Your Time**



**Nix Excuses**



**Diligently Show Up**



**Overtake Your Goals**

## Reflections

**What are your biggest takeaways from the class?**

**When will you log your first Toucan20 session?**

Today



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Get started today! Join the FREE 30-Day Challenge to kickstart your new (or freshly refurbished) writing habit!

Visit [www.youcantoucan.com/30DC](http://www.youcantoucan.com/30DC) or scan the QR code below.



**Thank you for coming to my workshop! I hope you found it valuable!**





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### Notes:

Use this space to jot down notes or reflect on what you've learned and how you'll implement the steps.

A large, empty yellow rectangular area intended for the user to take notes or reflect on the content of the masterclass.