

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
- \Box 4 Another reason that probably relates to the above

What are the steps to complete a Toucan20 session?

1		
2	2	
3	3	
4	<u>+</u>	

Why does Toucan20 work?

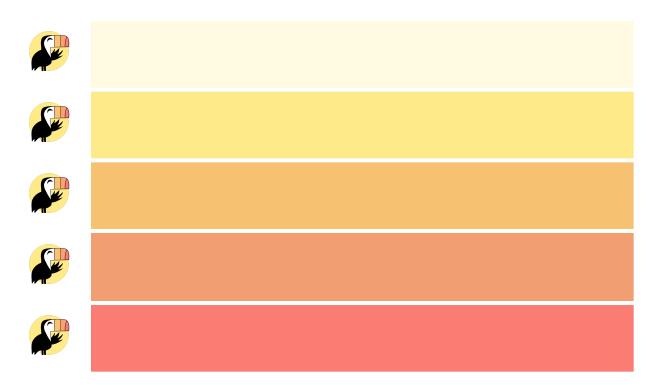
1	
2	
3	
4	
5	
6	

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CREATE YOUR WRITING LIFE WITH THE CAN DO FORMULA MASTERCLASS

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

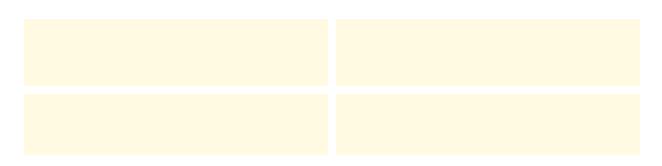
Of the two mentioned, which is your most powerful negative internal voice?

Self-doubt

Impostor Syndrome



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?



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	



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



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

Visit <u>www.youcantoucan.com/30DC</u> 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.