
GETTING STARTED

Everything You Need For Your Story Sessions Virtual Intensive



I'm your host and writing coach, Jennifer Blanchard

Hey there—so good to have you joining me for Story Sessions!

We're going to take the idea seed in your head and get it down on paper in the form of a story beat sheet that you can use to (easily and quickly) write the first draft of your novel.

I'm here to support you every step of the way. I've helped dozens of writers do exactly what we're gonna to do during your Story Sessions one-day virtual intensive.

But before we do anything else, we first need to talk about something very, very important: **your Idea Seed.**

Right now you have the seed of an idea for a story (you told me about it in your Intro Questions). And depending on how long you've had this idea seed (for some writers it's been in their heads for years!), you have a certain level of attachment to it.

So I want to put a big reminder out there that you'll need to let go of this attachment.

Story Sessions is gonna help you take your seed and grow it into a story, but you won't be able to do that if you're too attached to the original idea.

Your idea seed is simply that--a seed.

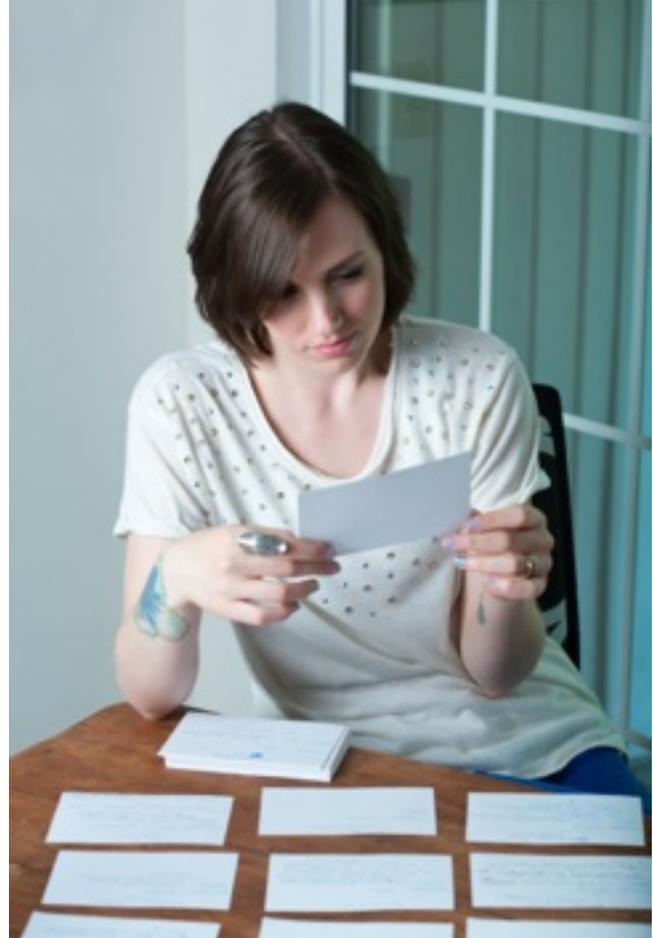
You're about to plant it, give it nourishment and see it grow. In order to do that, you have to be willing to let the idea transform.

If you're too stuck on the original idea, you'll miss all the possibilities out there for what the story could become. And that would be a shame.

I speak from experience on this one, because I've spent years of my life attached to the idea seed from the first novel I ever

attempted to write (back in 2008). I have only now finally let go of that attachment, and over the course of the last few weeks, watched it blossom into something new and completely amazing.

Never would've happened if I hadn't let go of the attachment to it being exactly how I originally thought of it.



Get ready to create a plan for your story, so you can write the first draft easier and faster.

“If you’re too stuck on the original idea, you’ll miss all the possibilities for what your story could become.”

Maybe you're not all that attached to your idea seed, maybe you are. Just wanted to throw this message out there and let you know that, if you are attached, it's time to let it go. Magic will happen if you do.

The other thing is, ya gotta **be open to making changes.**

I can help you figure out your story, create the structure and plan your scenes, but you have to be open to the fact that things are gonna to change. **In order to make your story idea seed work, things will have to evolve and be taken to a new level.**

So open your mind up to what could happen, and let the pieces fall into place as they do.

In the rest of this guide you'll find:

- Your Story Sessions Schedule
- Pre-Work
- Recommendations For the Day Of

If you have questions, hit me up anytime: jennifer@JenniferBlanchard.net.

Can't wait to get started!

jennifer

Your Story Sessions Schedule

Here's how things will play out the day of your Sessions:

Session #1: Transforming Your Idea Into A Concept and Premise (60 minutes)

We'll take your idea seed, pull it apart, find the holes, add conflict and turn it into a concept and premise.

* 15-Minute Break *

Session #2: Characters--Getting to Know and Creating Character Arc (60 minutes)

You'll get to know your cast of characters, but especially your Protagonist and Antagonist, then you'll develop the character arc for your Protagonist.

* 45-Minute Lunch Break *

Session #3: Story Structure--Finding Your Core Story (60 minutes)

Now we'll dig in and create the structure for your core story, which includes the First Plot Point, the Midpoint, the Second Plot Point, and two Pinch points.

* 15-Minute Break *

Session #4: Scene Outline--Your Scene By Scene Beat Sheet (60 minutes)

After you have your structure, we'll build a beat sheet that lists every scene you'll need to connect your plot points and make a cohesive and engaging story.

* 15-Minute Break *

Session #5: Writing the Draft--Game Plan (60 minutes)

We'll come up with a plan to make sure you get the writing done, as well as work through any fear, distractions or disorganization that may stop you. And then we'll schedule your two (30-minute) follow-up calls for two weeks later and four weeks later.

Prepping For Your Story Sessions: Pre-Work

To help familiarize you with the terms that will be used during this intensive (if you're not already familiar with them), read the following:

- **The First Plot Point**
- **The Midpoint**
- **Pinch Points**
- **The Second Plot Point**

To get a deeper-dive on these terms (and more), be sure to read: **Story Engineering** by Larry Brooks (your Bonus for joining).

Recommendations For the Day Of

Your Story Sessions one-day virtual intensive will be taking place over the course of five hours (with an hour and a half of breaks interspersed—see schedule). **Things are gonna move fast, so it's a good idea to be prepared ahead of time.**

Here are my recommendations for you for the day of your Story Sessions intensive:

1. **Supplies**—have a notebook and pen/pencil available, as well as a way to access the Internet (you'll be downloading your content for the Sessions from a private URL, which you'll receive before your Sessions).
2. **Fuel and Hydration**—be sure to have some water on hand, and if you get a chance, prep some snacks ahead of time so you can grab-and-go during breaks. Also, make sure to have a plan for lunch so you have time to eat and rest for a little during the lunch break.
3. **Hands-Free Headset**—talking on the phone or Skype for 60 minutes five times in a day can get annoying if you have to hold a phone to your head the whole time. Do yourself a favor and get a hands-free headset.