



Love Letters To Bookworms | Liebesbriefe an Bücherwürmer

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Reading time 3 min 25 sec

Guid mornin'* Bookworm!

Imagine this, my lovely Bookworm...

Your alarm goes off at 5:30 am.

Immediately, your chest tightens. You feel the usual mix of panic and dread at the thought of *another* busy and fully packed day ahead.

(In German we have an untranslatable word for that: It's '*Kopfkino*', which literally means 'head cinema', describing a scene or moment that is so vividly imagined as to be comparable to seeing that scene or moment played on a wide screen.)

You open your eyes just a little bit and — Aaaah!?!? — a tiny fair-skinned redhead fairy godmother is standing next to the side rail of your bed.

"My lovely Bookworm," she says. "Today you're completely free to do as you wish. All your responsibilities are handled by secret fairy helpers. You don't have to take care of anyone but yourself."

You rub your eyes nervously. Do excessive blinking. And no, you're not dreaming. This is really happening right here and right now.

"Sooooo," she says. **"What would you like to do today?"**

Your mind races and you begin to stutter, "I...err...I..."

Finally, you breathe a sigh of relief, and then say, "I don't know."

Awkward silence all around.

My lovely Bookworm, if the idea of taking an hour to yourself — much less a whole day — feels like an impossible fairy tale, I can fully understand you.

If you're not sure what you'd do with more time even if you had it, or how to get off the dangerously spinning hamster wheel, you're not alone.

Like millions of "good," "responsible" humans, you probably spend so much time taking care of everyone else that you've lost touch with your own desires, needs and wishes.

In fact, all peeps who responded to my [LOVE LETTERS TO BOOKWORMS](#), E-Mails or "I'm back in the office" messages can relate.

Here's what it sounds like:

(Real quote) "Thank you for reaching out. This E-Mail might have slipped somewhere until I saw your post and tried to find it. Please allow me two days to prepare... and send it to you."

This means: "I struggle with my workload. I'm at everyone's beck and call and that has become the norm. I'm exhausted."

If you feel like you don't even have time to dream and to yourself, because there's always something or someone who needs your attention, here's a simple but smart exercise, I learned recently.

Step 1: Take five minutes for yourself.

(You may use your coffee or dinner break. And, yes, you can!)

Grab a blank sheet of paper, and use this writing prompt:

As a kid, what did you daydream about or love to do when you were by yourself during secret playtime — no matter how weird or silly it might seem now? What fascinated you? What excited you? What talents or abilities you have dreamed of? What might those early dreams point to?

I promise... your dreams are still in there (and they still matter to you!). You have to gently dust them off, and this prompt will do the trick.

Write down anything that comes to mind. Even if it doesn't seem "important" or "silly". Let your subconscious mind work its magic ;)

Then...

Step 2: Save a date for when you are ready to have your [EXPLORE & NAVIGATE session](#) experience, and grab your spot around four weeks before your dream appointment is due.

I promise: Explore & Navigate will help you reject the creative industry conditioning that you have to “do it all” for everyone in your life in “the way we've always done it” — no matter how stressed, drained, and exhausted you feel.

After just a short session together, you'll be saying...

(Real quote) "Your report has got us in to some action now and I have made a print and release plan for the first volume of XYZ." [I need to hide the original to protect my client's confidential information].

Take it from your brunette Fairy Godmother Claudia — once you learn how to set boundaries, focus on what matters, and ignore what doesn't — life and business get pretty magical. That's what being an EXPLORE & NAVIGATE session is all about!

And before I wave you a virtual 'Goodbye', here's a wonderful Judie Dench quote from the movie [The Second Best Marigold Hotel](#):

"I thought, how many new *lives can we have?* Then I thought, as many as we *like.*"

'Til next week.

Sending you all my love 

xoxo

Claudia — your global book publishing co-pilot

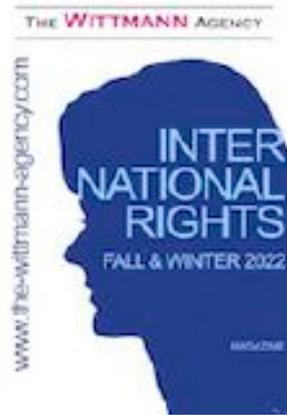
***Guid mornin´** – This is the Scots form of saying “Good Morning”.

P.S. Got someone in your life who's lost touch with their dreams because they're constantly taking care of everybody else? PLS forward this, [I can help](#).

P.P.S. Run! [The Wittmann Agency's Rise & Shine International Book Rights Representation doors are open \(1st October 2022 - 31st October 2022\)](#).

P.P.P.S. Remember, you can grab more helpful and FREE information, eBooks & training on the book publishing business at [EDUCATIONAL TRAINING](#), and a full list of fabulous indie books that I recommend adding to your personal & publishing house bookshelves at [CATALOGUE](#).

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