# Self-Help Book Outline

Creating a self-help book requires careful planning to ensure your message resonates with readers and provides clear, actionable guidance. Use this worksheet to organize your thoughts and develop a structured outline.

## Introduction

* **Hook:** One sentence that grabs readers’ attention and makes them want to read more. This can be a bold statement or an intriguing question.
* **Core problem:** The core issue your book addresses. What is the problem? Who suffers from this problem?
* **Establish connection:** What is your personal connection to the subject matter? Did you suffer from the problem? Loved ones? Were you in a position to observe/help others with this issue? Why was it important for you to write a book and help others with this problem?
* **Establish your expertise:** Why should the reader trust what you’re saying? What experience or background do you have that makes you an expert? This can be job experience, education, accolades, or anything you feel contributes to your expertise in the subject matter.
* **Thesis:** One sentence that sums up what the entire book is about. It explains how this book will solve the core problem for your reader, often broken down into three parts that outline the book’s core purpose—the promise of what the reader will get out of the book.
  + Example: By mastering the art of mindful habits and intentional decision-making, you can break free from procrastination, build lasting confidence, and create a fulfilling life that aligns with your true values.
  + The layout of topics in your book should then follow the order you wrote your thesis in.

## Chapter Outline

* The sections listed below may happen in a single chapter or several, depending on how much you need/want to say on the subjects.
* **History:** The first step to solving a problem is often to understand why that problem arose in the first place. This section provides background information about how/why people end up in whatever predicament the reader is in that led them to pick up your book. What causes the problem? What are the short-term and long-term effects on people’s lives? There are likely many different factors that play a role, so go over them in detail. Provide research and examples wherever possible to back up your claims.
* **Preparing for Action**
  + At least three chapters that introduce your original ideas and takeaways in the same order you wrote your thesis—more things the reader needs to know before tackling the problem.
  + Include anecdotes, personal connections, and more research where necessary.
  + Start prepping them for action with small tasks like self-reflection exercises throughout or at the end of each chapter.
* **Action Steps**
  + All the things they need to do to fix their problem, in great detail.
  + More anecdotes and exercises to help them understand the steps and work toward that goal.
  + Tell them exactly how these steps will contribute to solving their problem.
* **Troubleshooting**
  + What do they do when things don’t go smoothly?
  + What problems/unusual circumstances might arise during the process and how do they get past them?
  + Tips on sticking with whatever changes they’re making so they don’t backslide.
  + Frequently asked questions.
  + How they can connect to a larger community. Maintaining changes is easier with support, so where do they find that support? Include where they can connect with you online for more support or information

## Conclusion

* Wrap it up by restating what the reader got out of the book and encourage them in their journey.

## End Material (Optional)

* Resources/Citation List
* Appendix
* Recommended Reading
* About the Author