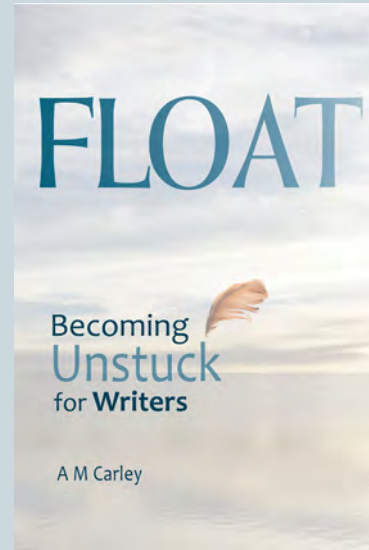


Anne Carley Creative
introduces

YOUR FLOAT TOOLKIT



WELCOME!

Here, for readers of **FLOAT • Becoming Unstuck for Writers**, are some special materials to help you get more out of the book.

Your FLOAT Toolkit includes:

- *a Tools Preview with two quizzes to help you find the Tool to start with,*
- *an Audio Tour of the FLOAT Approach in two parts, for you to revisit anytime you feel like a refresher, and*
- *a Tools Matrix for finding just the right Tool for any given moment in your creative life.*

TOOLS PREVIEW

Each time you use the FLOAT Approach, take a quick self-read, and notice where you happen to be.

Using the FLOAT Approach to gain some ideas and partial answers, you can choose from among a wide range of Tools to play with. See what works for you. You may want to keep a journal to jot down your responses, experiences, and any adaptations and tweaks you make.

Here are three of the ways to use the Tools in the book:

- *Use the FLOAT Approach and choose a Tool today. Work with it. Next time, try a different Tool.*
- *Bypass the Focus | Listen | Open | Analyze sequence. Instead, flip through and pick a Tool that calls to you.*
- *Use the alternative T-FLOW Variation if you know you're ready for some serious regrouping, and have some time and risk tolerance.*

QUIZ – CONNECTEDNESS

Where are you, at the moment, on the connectedness continuum? You may already know your answer.

If not, try answering these questions:

Ask yourself:

► Consider this:

1. Am I feeling thirsty for more contact and conversation with others?

YES / NO

2. Am I feeling like there's a good mix of alone time and social time in my life?

YES / NO

3. Am I feeling overwhelmed from too much interaction and empathizing?

YES / NO

4. When I'm writing, do I want to escape and just get to the back of the cave so I can work?

YES / NO

5. Do I rely on feedback from colleagues every step of my writing process?

YES / NO

1. If YES, you may have gotten a bit underconnected. Try starting with *Shout, Shout, Let It All Out*.

2. If YES, you're somewhere in the middle of the connectedness continuum. Try *Picture This*, to begin.

3. If YES, you may be feeling a little too connected lately. Try starting with *Notice*.

4. If YES, you may be taking a break from connectedness in order to concentrate. Maybe start with *Candles & Incense and Chants, Oh, My!*

5. If YES, you may be feeling in need of reassurance. Try starting with *Don't Explain*.

Ask yourself where you are, now. If you're somewhere in between these choices, or if you want to answer YES to several of the questions, no worries. Choose a Tool and see if it's helpful. Choose another one.

There are no wrong answers.

QUIZ – IMPACT

How much impact can you risk now?

Ask yourself:

► Consider this:

1. Am I maxed out already, and can only tolerate a small change to my life at the moment?

YES / NO

2. Are things under control, most of the time, and I'd like to shake things up a little bit?

YES / NO

3. Am I ready for major change in my creative life?

YES / NO

1. If YES, limit yourself to low-impact Tools for now. Try starting with *Location, Location, Location*.

2. If YES, you can expand your choices to include medium-impact Tools. Try *Recap Routine*.

3. If YES, the sky's the limit for you. You can ignore the impact keys, and consider any of the Tools that work for your connectedness. Try starting with *Fence Yourself In*.

RECORDING ONE – AUDIO TOUR

Take an audio tour of the FLOAT Approach. Understand how to use it to your advantage, and become unstuck. Here’s your direct link to an audio stream of the tour.

RECORDING TWO – GUIDED PROCESS

Set aside fifteen minutes – a half hour or more if possible – and keep this recording handy. Close your eyes and walk through the five steps of the FLOAT Approach. Pause the recording whenever you need some time. Here’s your direct link to an audio stream of the guided process.



TOOLS MATRIX

Here’s a helpful matrix of all the Tools in *FLOAT • Becoming Unstuck for Writers* organized by Connectedness and Impact. Select your Connectedness and Impact tolerance and find the Tools that can work for you at this moment.

Note: Tools recommended for the T-FLOW Variation are indicated with [T-FLOW] after the Tool name. The FLOAT sequence works for all the Tools.

		Connectedness			
		Low	Medium	High	Any
Low Impact	The Anti-Stupid Kit		Candles & Incense &		Do an Impression
	Shout, Shout, Let It All out		Chants -- Oh My!		Don't Explain
					Exhale
					A Journal
					Line, Please
					List Hygiene
					Live Out Loud
					Location, Location, Location
					Look It up
					On the Go
					Talk, Talk, Talk / Keep It Quiet
					Your Public Persona

Tools Matrix continues on next page

TOOLS MATRIX *continued*

	Connectedness			
	Low	Medium	High	Any
Medium Impact	Ask Away	Anger Map	Calendar it [T-FLOW]	Allons, Enfants! [T-FLOW]
	I Know a Place	Are You Competing?	In Plain Sight	Amateur or Pro?
	My Buddy	Chrysalis Mode	Notice	Beat a Retreat
	Open Mic	Picture This	Who Loves Ya?	Bo-o-ring [T-FLOW]
	Safety in Numbers			But Does It Pay?
	Sing in Tune			Come to Mama
	The Timeless Clan			Complaining & Not Complaining
	To Market, to Market			Confuse Yourself
	Write for Good			Corpse Pose
	You Gotta Serve Somebody			Curiosity
				Date Yourself
				The Designated Artist [T-FLOW]
				Dum Ta Dum Dum
				Eye on the Why
				Find a Font
				Fire the Editor
				Good Grief [T-FLOW]
				Hey, Coach!
				Hire the Editor
			An Imaginary Friend	
			Inspiration, Schminspiration	
			A Journal	
			Learn from the Real Experts	
			Look after Yourself	
			Objection, Your Honor!	
			Recap Routine	
			Respect Yourself	
			Secret Agent	
			Set It up	
			Shake It up	
			The Stuckness of Stuck [T-FLOW]	
			Tell Me a Story	
			Try Mandolin	
			What's the (Tweetable) Story?	
			Who Are You?	
			Who Else Loves Ya?	
			Who Taught You That?	
			Who's in Your Corner?	

Tools Matrix continues on next page

	Connectedness			
	Low	Medium	High	Any
High Impact	Partners in Craft	Pair Up What Is Success? [T-FLOW]		The Company You Keep [T-FLOW] Compost [T-FLOW] Fence Yourself in Is This the Right Project? [T-FLOW] It's Not Lost What's in It for Me? [T-FLOW] When Pushing through Fails Who You Gonna Call?

That's it! Enjoy your FLOAT Toolkit.
Get in touch if Anne can help you with your writing project.
Contact us anytime by visiting annecarleycreative.com

Thanks for your interest in the FLOAT Approach to #becomingunstuck.

*Copies of **FLOAT • Becoming Unstuck for Writers** are available from your favorite bookseller.
You can buy online from Bookshop.org and Amazon.*

Ebooks are linked at Books2Read.com/u/3LR0w5

Will you add your review of the book at your favorite online bookseller? Thanks!

