



CHLOE ROSE
WRITES
Book Coaching • Editing



WELCOME

Welcome to your Writing Accountability Tracker!

This guide is all about helping you stay focused, reflecting on your creative process, and celebrating your progress. Whether you're working on a memoir, a novel, or any other writing project, it's easy to get caught up in the daily grind and lose sight of the bigger picture. This tracker will give you a space to set intentional goals, check in with your creative energy, and stay motivated through the ups and downs of your writing journey.

Ready to get started?

ACCOUNTABILITY TRACKER

What's Included:

Writing Goal - Clarify what you want to focus on during this session.

Creative Check-In - Reflect on how you're feeling before you start writing.

Notes - Jot down any ideas, breakthroughs, or areas for improvement.

Progress Update - Track your session's outcome and celebrate your progress.

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Writing Goal

What's your main focus for this session? Are you working on something specific like structure or dialogue? Maybe you're just getting the story down, or exploring a theme for a chapter. You might even be having a brainstorming session. The key is to be specific. Writing down your goal will help guide your session and give you something to refer back to if you hit a rough patch.

Creative Check-In

I recommend doing this before you begin writing. It's a moment to check in with yourself. How do you feel? Excited? Motivated? Restless? Nervous? Maybe you're experiencing writer's block or struggling to tackle something personal. Taking a moment for this check-in can offer insight into your writing strengths—and where you might need to nurture further growth. Personally, I know that if I'm writing dialogue and my check-in is more 'meh' or 'okay,' that's perfectly fine! I've learned that this is a signal for me to do some 'Writing Self-Care.' Maybe I'll switch up my writing environment, take a break outside, or try a new technique.

Notes

This section is your creative playground! After your session, highlight any moments where you felt you lost your flow or had a breakthrough. You can also jot down ideas that popped up while writing—things you'd like to explore further in the future. One of my favorite things to do here is write down the line I'm most proud of from the session!

Progress Update

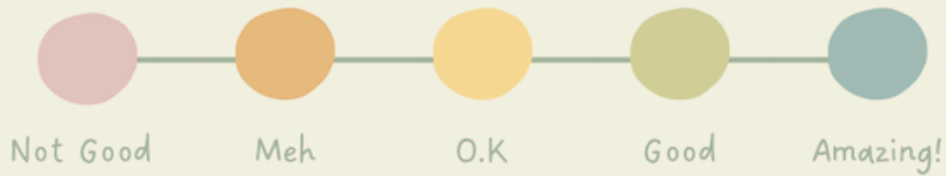
For the progress update, try rating your session to track how you're growing over time.

It's fun to see how your writing sessions evolve, whether you're writing for longer stretches or producing more words. However, I want to emphasize that quantity and numbers shouldn't be the focus of your writing journey. Think of this section as a way to celebrate the growth of your 'writer muscle.' Some days you'll write 5,000 words; other days, it might be 5. Both are progress. Both are meaningful.

Writing Goal

Creative Check-In

How are you feeling today?

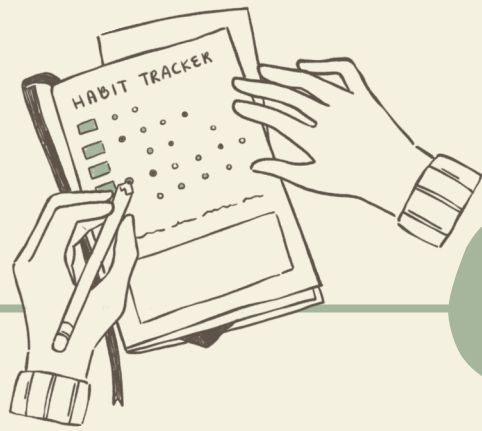


Notes

Progress Update

Duration: _____
Word Count: _____

Rate your session:
★ ★ ★ ★ ★



STAY INSPIRED

Congrats on completing your session!

Take a moment to celebrate what you accomplished, no matter how big or small. Remember, every word you write is a step closer to your finished project. This tracker isn't just about productivity—it's about building your 'writing muscle,' creating space for creativity, and being kind to yourself along the way. Keep using this tool to stay focused, reflect on your growth, and push through any roadblocks. And remember, I'm here to support you on this journey.

You've made incredible progress today—let's keep that momentum going!

THE ADVENTURE CONTINUES

Ready for more support on your writing journey?

Reach out for 1:1 Coaching — Let's dive deeper into your writing goals and work together to move you forward.

Join the Writing Community — Connect with other writers for support, motivation, and exclusive resources.

Grab Additional Resources — Explore more tools, guides, and tips to continue refining your writing practice.

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