



If you ever had the desire to spread your words, so that others can feel you, understand you and see the difference you can make in their life, this book is for you.

by Katja Gloeckler open to pre-order now

Maybe you've experienced this before: You gave an advice as a friend, as a coach, as a mother and suddenly you realize - uhh, this is exactly what I need to do for myself! And you are wondering about the wisdom, that somehow spoke through you.

This happened to me recently.

I had a call with a wonderful client who is in the process of writing her book. We reviewed a chapter and even it was about the topic that excites her the most and she normally can't stop talking about, it started to be heavy: „Do I have to write more about that? I think I said everything.“

I could sense that she wasn't happy and so wasn't I. We finished with the review of the chapter and changed topics. She told me about her weekend and the conversation she had with a woman about her daughter and the amazing results she had by using some of her techniques. „It is unbelievable, how already kids grow when you ...!“

And there she was. She was back in her zone. She was back in her greatness. She spoke about her beliefs, about what matters in life and all I could hear again was true passion. All the heaviness was gone. All I could see was a thriving, inspiring woman who had it all to make the difference for so many lives.

Why was it heavy? Why was it so difficult and hard to get the same words out only thirty minutes, ah no five minutes before, when she tried to write that chapter?

Was it speaking vs writing? Maybe a part of it, yes. But the main thing was something else, but I couldn't name or face it at that time. And suddenly I heard me saying:

"Can I challenge you?"

"Yes."

**"Speak aloud one thing that matters to you - for thirty days!
It doesn't matter if you share it or if it is just for you.
It doesn't matter if you record it on your phone or if you write it down. It only has to come from your heart, spontaneously - no planning. Just say aloud one thing that matters to you."**

And there it was: The challenge - ONE TRUTH PER DAY, that I gave as an advise to somebody else but needed it mostly for myself.

Why?

Well, because I was fighting too.

The battle against the time

This book was supposed to be the quickest and fastest book I wanted to write. Now, more than a year later I can say that for the first time in my life I start to understand the saying

If you are in a hurry, go slowly.

It all began a few days before Christmas, probably the busiest and craziest time in the year. We all know, how it is. I was surrounded by empty suitcases and two excited boys that couldn't wait a single day longer, to fly back to Germany for the holidays. It was the time, when I lived in Mexico with my family - our expatriation time. I worked as a coach and consultant for entrepreneurs who wanted to write books to spread their words and wisdom around the world, to build their tribes and businesses.

I loved my job. But there was one problem. I myself haven't written a whole bunch of books. Every time I spoke with somebody about writing and how it could help to bring your message out into the world, I worried the moment, the obvious question that would always come "Have you written and published books for yourself?"

I hated this question! There is the book I wrote two or three years ago, but it isn't me anymore and it wouldn't help you in the way I wanted to inspire and guide you now. But you can't say that, right? And yes there are a couple of guest chapters I wrote for other books, but they don't seem to value as much that I could say with confidence, that I myself write and publish and that I am the author, the inspiration and guide that I want to be.

I knew by the bottom of my heart, this had to change. You can't be a weight-loss coach without being in shape, right?

I knew I had to write a book or two, three or even fifteen books! It felt to be so overdue that it started to stink. The desire that I once had to write and publish, to be the flourishing inspiration and support had become something else. I felt shame and it made me feel embarrassed. If I couldn't be the author I desired to be how could I ever be the book coach for others to make their dream to become true?!

There was just not a single doubt or any other option than writing. But when? When will I ever have the time to do it? Right now I am in the middle of my suitcases to get ready for the holidays. Even I looked forward to this time a part of me was angry. These three weeks won't bring me a single page closer to my goal. When I looked into my calendar for the time after these three weeks I already saw many booked times for my business, for clients, for my kids, for everything expect for writing.

It was that night, when I found the little book on Amazon - How to write your book in 15 minutes a day. Here it was, my solution and probably the solution for so many others. Yes, of course, so many people struggle with their time. And if you can write a book in 15 minutes a day what else could be possible?! I read the whole book in one go and I made a decision.

It's got to be NOW or NEVER!

There will always be something raising up on the next day. It was one of the moments when I felt like the revolutionary of my life. The

hero with the big sword, courageous and fearless - ready to fight. Me vs. time. I was so ready to jump and break any rules of time and space to make it happen!

Hi, I am the time warrior!

Do you know the feeling, when you think that you figured it all out. You think you have all the answers. You are fearless! You have the power! You don't look back, just go!

Even before we got into the plane I wrote the first lines. "This is crazy, I know, but I will do it. I am going to write my new book, now. I will start today." (How funny that I gave me twenty instead of fifteen minutes a day.) The topic? No time - Twenty two tips on how you can write your book, even you don't have the time. I wrote an email to my list. I wanted to show up no matter what, and of course, what should go wrong. I had the solution. I was the time warrior who could do the impossible with ease.

With my seatbelt fastened and making sure that the entertainment system for the kids was running, I took out my pen and paper and started with the outline for the book. It was obvious. "No time to write" would bring "no time to read".

Instead of wasting my time with endless planning or over-thinking on storytelling, I wrote down every clue I could imagine to be faster, more efficient and effective with your book planning and writing.

Short tips seemed to be the best format. I wanted to save time where ever I could- for me and for my readers.

I wanted a helpful list for all the people who struggle with not having the time but wanting their book so badly like I did.

When the stewardess asked me if I wanted to have dinner I already outlined my second book. I was on fire and all the answers seemed to be right in front of me.

Only twenty minutes, only twenty minutes, only twenty minutes. It is nothing compared to the results you will get. Stick to your schedule, no matter what. That was the plan.

You can probably already imagine that the whole plan crushed like a domino line. I think the first doubt came when I woke up on the third or fourth day in Germany, feeling like being in the middle of the night. We stayed at my parents house for the holidays and my mum was calling that it was time for lunch already. Oh my! I was crashing time and space, yes, but it was nothing more than a jet-lag that took longer than expected.

It was supposed to be twenty minutes a day, only. But the only turned out to be never right. Often it was hard to slide them into the days and I found myself sitting in front of the computer and not single sentence that made sense came out of me.

On other days the only twenty minutes were just too short. I was in the flow and my fingers flew across the keyboard when the 20 minutes alarm rang and I had to shut down the writing because I had scheduled other things on that day and I couldn't just keep on writing. Yes and there were the days when it seemed to be just impossible to write even a single sentence when I just wanted to go to sleep.

Yes, please read this. It is not a side note: Sleep isn't underestimated. It is a necessity. Writing instead of sleeping when your body screams "sleep now" is not good. And it doesn't matter if it is late at night or super early in the morning. (Remember that, when you consider to follow the well known advice to get up at four o'clock to write until the day really starts.)

It was before New Years Eve when I realized that instead of opening up a way to make it happen, I even put more pressure on me. And it felt worse than ever before. If you asked me about the biggest learning from this experiment I would say:

"Desire plus pressure equals nightmare."

I know you are longing for the easy answer, the quick and easy solution, like I did. A few month ago I did a survey and asked people what they would really like to figure out when it come to write a book. Guess what it was?

Far ahead, the winner was: How to write and publish your book in ten days or less. People were posting like crazy. Please, give me the answer, give me the steps to follow, so I can make my dream become true.

I know that it is not easy to relax when you desperately want to achieve something. You heard it so often, that you just need to want it desperately enough. Go towards your dream - no matter what! Lift the heavy weights and if you only want it badly enough, you will achieve it.

You've heard all that. For me it was part of my education. There are so many sayings and proverbs in German around "do more", "get up early", "be the hard worker". And you know it too, otherwise you wouldn't read this book. It is the mindset that being faster will make you the winner. And it simply seems to be impossible, when everything speeds up to 'slow down'.

Let's keep it this way for now. If you have this desire - to write a book and to make something exceptional happen for your life and career just be aware that pressure is really, I mean really the worst thing you can put on yourself.

It is toxic. Breath. Try to relax and keep on reading.

To finish this chapter let me tell you the end of the story, well the end of part one.

In the second I decided to quit the new habit of writing for twenty minutes in a super busy schedule and to start over again after the holidays, it was the first time when I felt like that I'd won a battle against the time. I was free again and I could feel that this idea of speeding up and being super efficient took away all the air to breathe, to think, to create and to write.

It was the moment when I decided to open up, to do things differently. Now I can say, it was just the beginning

End of chapter 1

If you enjoyed the first chapter and want to know more, please check out the pre-order possibilities for my new book on:

www.publishizer.com/one-truth-per-day

And if you think right now: OMG, Katja you just described how I feel, don't go the hard way and try to be more efficient.

Remember desire + pressure = nightmare

I am opening an opportunity for you - the

WOW Live Experience Pack

You will be in the first row of this book creation and get the extra guidance to **find your true message and create the outline of the book you really want to bring into the world - for you and your business in thirty days or less.**

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Jump in now or send me a message to post@katjagloeckler.com and I am more than happy to schedule a call with you.

