



BORN TO *Write*



BY RAY STAR

Hi! I'm Ray..



Hi, I'm Ray! I'm a Bestselling Author and a Creative Writing Coach, and it's my mission to help creatives write impactful novels that can make a difference to both the author and readers around the world.



Before we dive in, I want to start by saying that I'm glad you're here. You didn't stumble across this by accident. If you've ever caught yourself thinking "I'd love to write a book, but I don't have time" or "Where do I even begin?" — you're not alone. Most authors felt like that at some point. It isn't about writing the perfect novel; it's about writing the story that only you can tell.

Let's get started

- Writing a novel can feel messy, magickal, and maddening all at once. When that happens, remember: your story chose you for a reason. You already have everything you need inside you, look inwards and the answers will come.
- This mini-guide is here to kickstart your imagination to move you from overthinking to starting to write the story.
- If you'd like more support, you are welcome to claim a 14-day free trial of my creative writing app **Soul Story**, which will (mindfully) walk you through each step with minimum overwhelm and maximum results.



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Your story
wants to be read
.. the first step
is writing it.

STEP ONE: WHO IS YOUR PROTAGONIST?



Your protagonist is the heartbeat of your story, just like Peridot (pictured) is the heartbeat of mine (**Earthlings**).

In one sentence, describe them:

Who are they? What drives them? What's missing from their life?

Pro Tip: Give them both light and shadow (strengths and flaws). Readers fall in love with relatability, not perfection.

Earthlings example:

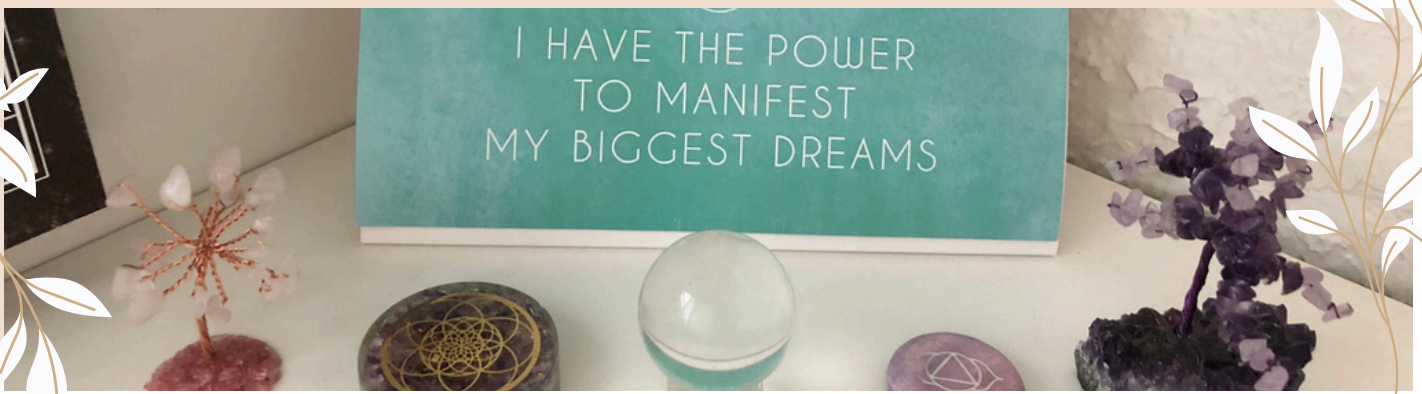
A kind-hearted yet curious teen raised in an unusually sheltered home begins to sense she's different from who she's been told she is, and she feels lonely, frustrated and a little confused.

Your turn:

(Write freely. Try not to overthink it. Who is your main character, what do they feel at the start and why?)

A watercolor illustration of a branch with two pink tulip buds and three green leaves. The branch is thin and brown, with three green leaves attached. Two pink tulip buds are shown, one at the bottom left and one at the bottom right, both with green sepals at their bases. The style is soft and painterly, with visible brushstrokes and a gentle color palette.





STEP TWO: WHAT DO THEY WANT? (*And why?*)

Every impactful story starts with a purpose, a backbone behind the story that means something to the author. Your main character is the flame that holds your passion. What does your main character want, and why does it matter to them?

- Goal: The tangible thing they're chasing = the external desire.
- Motivation: The heartbeat behind it = the emotional reason.

Tip: Their "why" should hold emotion. The more personal, the more readers care. Tap into the emotion that you feel most comfortable writing.

Earthling example:

Peridot longs to understand why so much has been kept from her, and to explore the world outside of her home. She soon discovers that she is magickborn and that on the mainland, there is an uprising, and she may hold the ability to help.

Your turn:

Write until it feels like you're onto something that resonates with you and you can expand on without forcing it. Don't worry about it being perfect, the first draft and plotting isn't meant to be, focus on finding the story you want to write.

DATE: _____





STEP THREE: WHAT GETS IN THEIR WAY? (*And how?*)

Every great story has a little (or a lot of!) tension, something that keeps readers turning the pages, wondering; What happens next?

- External Conflict: The outer obstacles (antagonists, systems, forces).
- Internal Conflict: The inner battles (fear, shame, grief, trauma).
- Stakes: What happens if they fail? What's truly at risk?

Tip: Raise the emotional stakes. Make the reader feel the cost of failure.

Earthlings example:

Peridot leaves the safety of her home only to witness first-hand why she had been urged to stay away. Life on the mainland is a far cry from what she had expected, and whilst her powers could help, she struggles to control them. With the threat of creatures unknown in pursuit, and her mother en route to bring her back home, Peridot must face her fears and control her emotions if she is to help those she has come to care for.

Your turn:

(Jot down your ideas below. And remember, this is your story, nothing is out of bounds. Write your socks off!)

Conflict

DATE: _____

Lined area for writing notes.



STEP FOUR: WHERE DOES IT ALL BEGIN?

Every story starts with a spark, a moment that disrupts the ordinary and changes everything. What happens that pulls your protagonist out of their comfort zone?

Tip: Begin close to the action. Let us meet them in motion, not memory.

Earthlings example:

Everything shifts when Peridot witnesses the oppression on the mainland, and she'll stop at nothing to help the Earthlings.

Your turn:

(What's the first domino that falls?)

STEP FIVE: POINT OF NO RETURN

As your story progresses, something happens that ensures there's no going back.

Pro Tip: Make it irreversible. Raise the stakes. Let your character choose transformation over safety.

Example:

Peridot's mother finds her and tries to bring her home, only for their personalities and powers to clash with devastating consequences.

Your turn:

(This is where your story begins to feel like an impactful novel)

A watercolor illustration of a branch with two pink buds and three green leaves. The branch is thin and green, with three leaves and two buds. The buds are pink with green sepals. The leaves are green with visible veins. The style is soft and painterly.



Your story starts now...



Well done! You've done the hardest part ... you've begun!

It is estimated that over 70% of the population desire to write a book, and sadly, only 3% do. So, if you've enjoyed this mini brainstorming session and your story is starting to take shape in your mind, I implore you to take the next steps and continue writing your story.

If writing a full novel feels overwhelming, I've created these resources to guide you.

🌙 **The Soul Story App**

For ongoing support, the Soul Story app is my mindful creative-writing community designed to help you write, publish, and share your story with the world.

[Click here to learn more and claim 14-day free trial.](#)

🌙 **Private 1-on-1 coaching**

I offer private coaching on a monthly basis and would love to hear from you if you'd like 1-to-1 support with your story. [Click here for more information.](#)

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Stories can move mountains, if we have the courage to write them.
I would love to help you write and publish yours.

Ray ✨



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Because the
world doesn't just
need another
story... it needs
yours.