



" Stories from  
the Heart "

F R E E T I P S H E E T

By

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Telling stories from the heart... telling stories that  
matter.

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HELLO!

I wear my heart on my sleeve. This is something my best friends have known for the thirty+ years of knowing me. In my work, you'll see it (my heart) in the photographs I take, in my books, in my blog posts, and you'll hear it when I speak.

If you're receiving this, you've reached out to me or subscribed to my website and I'm sending you this as a thank you. I'm mostly sending you this because I think it's powerful when people share their stories and share their heart. It connects us. And we need connection... especially in the days of COVID. More now than ever, in fact.

If you have a story in you to share, I urge you to find a way to share it. Maybe it's not a book (just yet) maybe it's a blog, maybe it's a letter you want to write to someone, maybe it's a Christmas or a thank you card. But, if you share your heart, I promise it will resonate with someone. It may even change someone's life.

Enjoy this FREE TIPSHEET I have made for you. I hope it encourages you to start a project you've been dreaming of, and gives you tips on how to share your heart and story.

xo,

*billi j. miller*

**COMMIT:**

- It's a big deal to take that first step and "decide" you want to go after your dream: whether that be to write a book, create a website, launch a business, or even start a blog! The first step is to decide you're going to do it.
- Join (or start) a writing group to keep you accountable and committed.
- Begin journaling to help make a habit of writing.
- Search the web for writing prompt websites to continue your practice and make routine of it. The more you do it, the more confidence you'll gain in your craft.

## **TOOLS:**

- Here is a list of Canadian Publishers if traditional publishing is what you're eyeing: <https://canadianauthors.org/national/canadian-book-publishers/>
- A handful of companies in Canada can assist you if you want to self-publish, and offer help with manuscript preparation, design & production, and publication. (A simple google search of: "self-publishing in Canada" will bring up a current list of companies available).
- Get to know [www.canva.com](http://www.canva.com). I've designed book covers here, designed countless ad campaigns, just about any document you can imagine, and canva.com is also a great place for you to start if you're on a budget. There are many templates there to help you to start building whatever project you have in mind. Have a look around. There is a free version, and of course, a paid version where you'll have more access to even more designs and templates.
- A couple of other great resources for you (if you're on a budget) is [fiverr.com](http://fiverr.com) and [upwork.com](http://upwork.com). On those sites, you'll find people with skills to accomplish many tasks. Say you're designing a kids' book & you can't afford a great local or traditional designer to create illustrations for you... check out either of these sites as another option. Have a look around to see what is offered. Have a Tech or Design College in your city? Awesome! Reach out to them to see if they have students available to do illustration or design work at a lower cost. There is always a way to accomplish your goal.
- The Canadian government offers free ISBN numbers. Who knew?! If you are exploring self-publishing, it doesn't have to be overwhelming. Bite small chunks off at a time. This is just one step. <https://www.bac-lac.gc.ca/eng/services/isbn-canada/Pages/create-account-isbn-canada.aspx>

## **KEEP THE MOTIVATION GOING:**

- Set time aside to read bloggers or writers that resonate with you and inspire you. (A few that I love are: [www.alexandrafranzen.com](http://www.alexandrafranzen.com) | [www.annapurnaliving.com](http://www.annapurnaliving.com) <https://togetherrising.org/>).
- Don't forget <http://www.billijmiller.com/subscribe> for more :)

## **SOME GREAT BOOKS TO READ:**

- "Writing from the Heart" - Nancy Aronie.
- "APE: How to Publish a Book" - Kawasaki.

- "Writing for Bliss: A Seven-Step Plan for Telling your Story and Transforming Your Life".

Don't let "overwhelm" stop you from pursuing what it is you want to do. Trust me when I say if I can do it, so can you. I had two preschool-age kids at home when I wrote my first two books. Then, it was during the second wave of Covid when I wrote my third (a Children's book coming December 2020). It was hard, but I pulled it off.

The most important tip I could give you is: schedule time in your week to do what inspires and fuels you. Plan that manuscript, read up on publishers you'd like to pitch, and WRITE. Schedule it like any other appointment. If Covid wasn't a thing, I would tell you to find yourself a writing course or workshop and go! However, since we're not going anywhere right now – find one online! It all comes down to making room in your life for it and giving yourself the opportunity to create what you want.

These are just a few tidbits of what I've learned this last ten years publishing two books (so far) and running my business as an author, photographer & speaker. I want to inspire and motivate you to make your goals happen! We need more bright light, connection, and inspiring stories in the world. If this tipsheet found you, I have a suspicion that you have one to share too.

Do you find yourself hungry for more? Well, you're in luck. I haven't announced this publicly, but in 2021, I will be launching my very own "Stories from the Heart" Writing Course. If you're on my mailing list, you'll be the first to know when the doors open.

Keep writing, keep imagining, best of luck!

Billi J. Miller

Want to work with me?

Writing – [www.billijmiller.com/writing](http://www.billijmiller.com/writing)

Photography – [www.billijmiller.com/photography](http://www.billijmiller.com/photography)

Speaking – [www.billijmiller.com/speaking](http://www.billijmiller.com/speaking)