

## CRH Author Story Submission Guidelines & Deadlines

The time has come to submit the first draft of your sacred soul story to the Inspired Living Publishing team, Chief Editor Bryna René Haynes and Associate Editor Deborah Kevin. All authors will be assigned an editor at the time of her story submission. Per your Author Publishing Agreement it is your responsibility as an author to follow all writing and editing guidelines and the deadlines provided.

Due Date: April 10<sup>th</sup> if you signed on, or before, March 1<sup>st</sup>, 2017 or April 24<sup>th</sup> if you signed after March 1<sup>st</sup>. Please honor the due date assigned to you.

### SUBMITTING YOUR STORY SUBMISSION PACKET

**Submission Email Address:** [Submissions@inspiredlivingpublishing.com](mailto:Submissions@inspiredlivingpublishing.com). All files must be submitted in **ONE** email and contain all the files listed in the section below entitled "Story Submission Packet".

**Accepted File Types:** All files must be in Microsoft Word or Adobe PDF format. No other file formats will be accepted.

**Confirmation of Files:** You will receive an email confirming receipt of your files within 48 business hours of receipt from our Chief Editor Bryna René Haynes or Associate Editor Deborah Kevin.

**Your Story Submission Packet must include the following items all in one document:**

- Your completed and self-edited story of no more than 1,400 words (refer to the [Authentic Storytelling Master Classes](#) for instructions) in the file type specified in the section above.
- Your 75 word bio with one URL web address.
- **Optional:** Three "Journaling Prompt Questions" (Listen to, or read, the Master Classes for details.)

## OVERVIEW

### Your Story

- Your story may be no longer than 1,400 words, written in the first person and in a conversational (rather than formal or business) tone.
- Your story should be based on your personal courageous hearts experience. The overall energy and message should carry a message for hope and personal growth, based on your conscious decision to change your outlook or relationship to a situation.
- Please feel free to include any quotes you find inspirational and which complement your narrative. Just be sure to credit the author/speaker in the text.
- If you have comments or notes for our editor, please include them at the end of the document. We will take into consideration author requests for story treatment, but cannot guarantee that such requests will be met.
- **BEFORE WRITING YOUR STORY** be sure to listen to the Editorial Overview audio as well as the four part series of [Master Classes](#) with our Chief Editor Bryna René Haynes, and see the “**Writing Tips**” page in this package to be sure you submit a story that meets our editorial guidelines and project.

### Your Bio

- Bios should be no more than 75 words in length and describe who you are, what you offer, and a short personal mission/purpose statement.
- Include the sentence “**Learn more at [www.YourURL.com](#) and download {Name} free gift {TITLE}**”, if applicable. Due to space we cannot include a description of your free gift or call to action. (This sentence does not count as part of the 75-word maximum.)
- No photos, graphics, logos, or other advertisements will be printed.

## Your Three Journal Questions

Every story in *Courageous Hearts*, will be accompanied by three journaling questions. These questions are intended to help the reader draw parallels between your story and her own life experience.

You are not required to suggest questions about your story, but if you think of any questions which you believe might be valuable to the reader, please feel free to include them. We can't guarantee we'll use them, but we're definitely open to suggestions!

If you do decide to include journaling questions, here are some general guidelines:

- Questions should be related in some way to your personal story.
- Questions should be thought-provoking, but not overly specific.
- Questions should be compassionate and forward-looking, rather than negative and backward-looking. For example, you might ask, "How can you learn from your experience and create positive change?" instead of, "What do you wish you had done differently?"
- If you get stuck, here are some questions to help generate ideas:
  - When you were living the events you wrote about in your story, what were the questions you asked yourself, and how did they help you move forward?
  - What questions would you ask yourself if you were in the same situation today?
  - If you were helping a friend through a situation like the one in your story, how would you help her to see her situation in a more positive light?

## Important Notes:

If you are unable to submit your files by e-mail by the **April 10<sup>th</sup>/April 24<sup>th</sup>** deadline please contact us no later than March 30<sup>th</sup> to arrange for another submission method.

Please add [submissions@InspiredLivingPublishing.com](mailto:submissions@InspiredLivingPublishing.com) to your **safe senders list** so you do not miss time sensitive emails from our editing team.

Please refer to the [Courageous Hearts Author Resource Center](#) for the Master Class audios and transcripts.