



### Exercise Five – The Core

If your plot is what happens in your book, the core is what it all means. This can be anything from 'people can change' to 'aliens are jerks'. It's your book's lifeblood. It will give your book cohesion and help you get back on track if you get lost while writing. Think of it as your book's thesis – just like when you're writing a paper, you never want to lose sight of this core concept while you work.

In this exercise, spend a little time free writing about your core. Once you feel like you've found it, write a short version of it on a post it note and place it in the box (frame).

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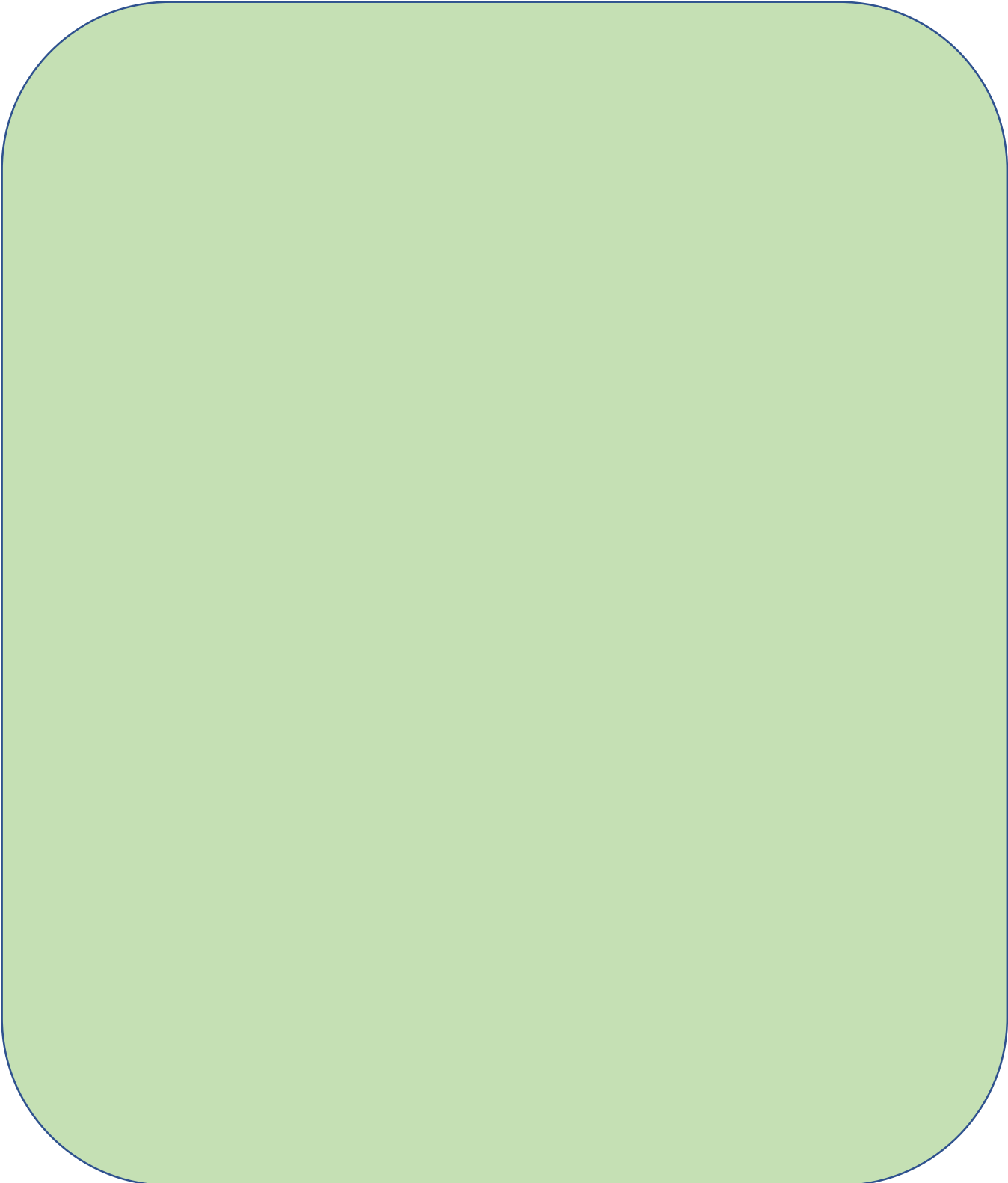
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**Copy this core onto a post it note & stick it in front of you while writing!**

