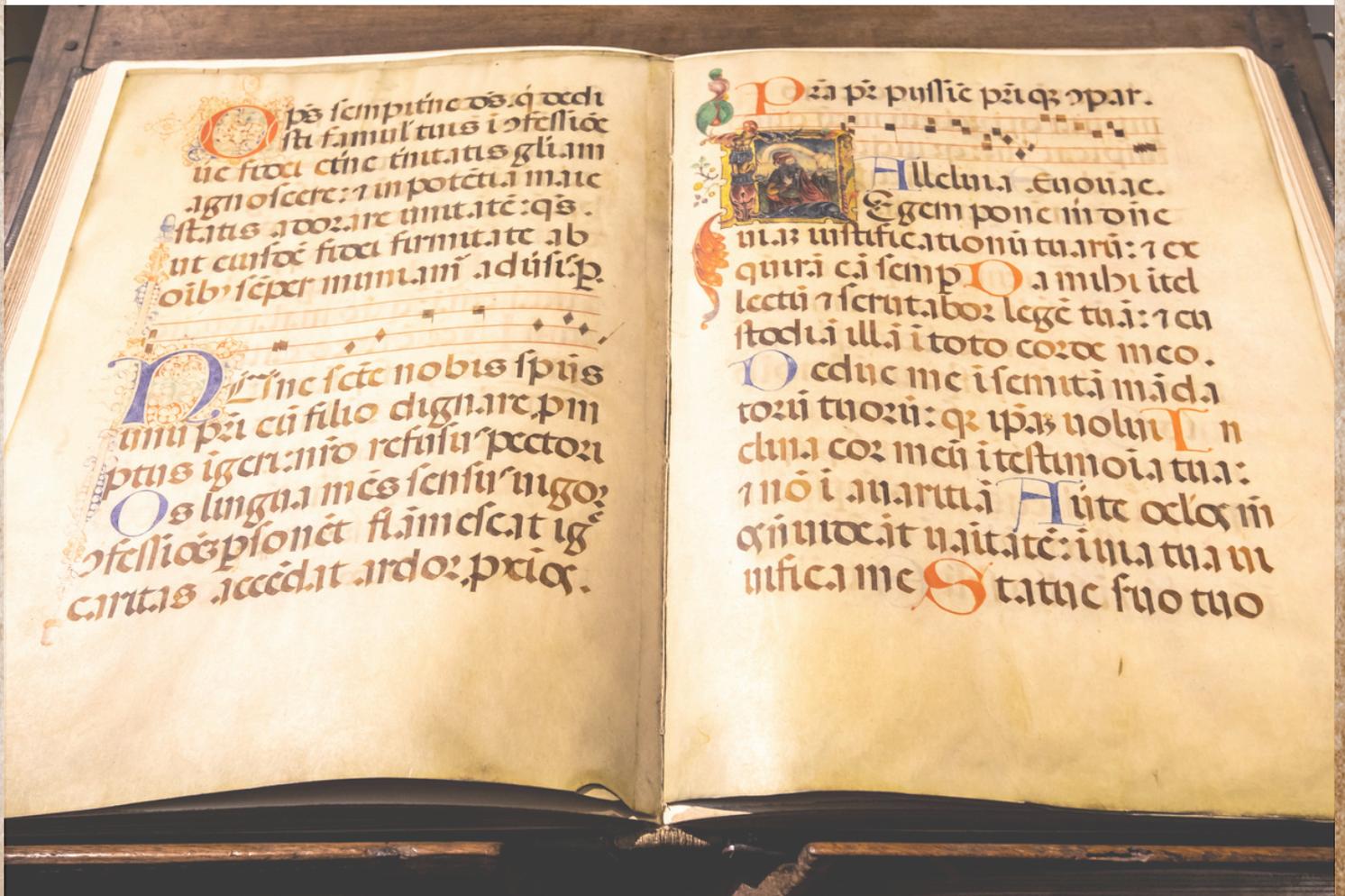


MANUSCRIPT READINESS ASSESSMENT

Is Your Book Ready to Be Shared
With the World?



Ready to Birth Your Book?

Check all that apply.

- I can clearly state the core message or purpose of my book in one or two sentences.
- I know who my book is truly for (the “soul-aligned reader”).
- I’ve outlined the major sections or chapters, or I know the flow my book wants to take.
- I have written sample content—this might be a draft chapter, notes, or channeled transmissions.
- I’ve spent time tuning into the energy and “spirit” of my book, not just the content.
- I feel connected to my “why” and the deeper reason I’m writing this book.
- I am open to receiving feedback, editing, and collaborative support if needed.
- I feel ready (or nearly ready) to move from the creation phase into the birthing phase—sharing, submitting, or publishing.
- I have support or know where to find guidance for next steps.
- I trust that my timing is unfolding as it should, even if everything isn't “perfect.”

How did you do?

- If you checked 7 or more: You're closer to ready than you may realize!
- If you checked fewer than 7: That's absolutely okay—go deeper with the prompts below to clarify your next aligned steps.

Workbook: Reflection Prompts for Deeper Clarity

Before you move into the prompts, I invite you to take a breath and remember: every writing journey is unique, and readiness looks different for each of us. If you found yourself feeling unsure after the quick-check, that's not a sign that you're behind or missing something—it's simply an invitation to tune in more deeply.

These reflection prompts are here to guide you back to your own inner wisdom. Use them to explore any areas where you feel unclear, hesitant, or even unexpectedly inspired. There are no right or wrong answers—only what's true for you in this moment. Let this be a space for gentle honesty, curiosity, and self-trust as you clarify your path forward.

Kay Sanders

ABOUT ME

I'm Kay Sanders—a soul alchemist, scribe, and founder of **Sacred Path Publishing**. My journey as a writer began with a quiet, persistent nudge from Spirit, guiding me to share messages that could serve others in their awakening.

Over time, I've learned that writing is not just a skill, but a sacred calling. Each book and codex I've channeled has deepened my trust in the power of words to heal, awaken, and transform lives.

It's an honor to walk alongside you through this blueprint. May it help you trust your voice, clarify your mission, and bring your unique transmission into the world.



YOUR BOOK'S CORE MESSAGE

What is the deepest truth or teaching your book wants to share?

When you imagine telling someone about your book, what words or feelings come up first?

Is there a core sentence or intention that captures your book's purpose?

THE SOUL-ALIGNED READER

Who is your book truly for? (Imagine your ideal reader—what are they seeking, struggling with, or hoping to receive??)

How do you want your book to make them feel or transform their life?

What do you sense your book will awaken or activate for them?

STRUCTURE & FLOW

Does your book have a clear beginning, middle, and end, or an intuitive flow?

Are there key themes, stories, or lessons that feel essential to include?

What guidance or insight do you receive about the structure when you tune into your book's energy?

SAMPLE CONTENT & CONNECTION

Have you started writing, channeling, or gathering material for your book?

What parts have felt easy and inspired? What feels stuck or unclear?

What would it feel like to write a "love letter" from your book to you, or from you to your book?

SUPPORT & READINESS

Where do you feel most confident? Where do you still feel unsure?

What support, guidance, or resources would make you feel even more ready?

Are you open to being supported by others, by Spirit, or by a professional team?



CLOSING AFFIRMATION & NEXT STEPS

Incantation for Readiness:

I honor the journey that has brought me to this threshold. I trust the timing and wisdom of my soul. I am open to clarity, support, and the next right steps for my book's birthing. I am ready to receive guidance, inspiration, and the perfect unfolding of my manuscript's path. My words are sacred. My timing is divine. My readiness is enough.

If you feel ready, or want loving support and guidance on your next steps, I invite you to join the **Sacred Path of Light Skool community** or connect with Sacred Path Publishing for programs and mentorship.

You are not alone on this path—your book's message is needed, and your journey is honored here.