

SELF-LOVE, PERSONAL STORIES BLOG AND INTERVIEWS

There are several opportunities for you to share your views (and products, services, books and courses).

1. To write a blog about your experience of learning to love yourself with tips
2. To write a blog about your personal story with tips
3. Write an author interview as part of your book launch/promo period
4. To be a part of a recorded interview series – this can be live or pre-recorded

These can be in your name or anonymous if you prefer.

Thank you for offering to take part.

Dale x

YOUR BLOG

There is a suggested format for you to use one for the blog and one for the author interview – however, you do not have to use it, as long as you share your story and some tips.

WHAT I NEED FROM YOU

1. Content provided in a WORD document, spell and grammar checked (don't worry I'll do a final check for you). Please ensure that the headings are clear. Use styles in WORD – e.g. Heading 1, heading 2 etc.
2. 800 x 800 picture of you
3. Your name and contact details (website and any other social media sites – please ensure that they are hyperlinked before submitting)
4. Links to anything you want to promote – books – courses – services
5. If you have any tweets and hashtags you would like me to use, please also include them
6. If you are promoting a book for example, a good quality picture of the cover would be appreciated.
7. Send to dd@daledarley.com

VIDEO INTERVIEW

I'd love to interview you. We'd probably use Zoom rather than live (we can do a live) so that you feel comfortable and we can cut things if you don't want them to go out. Please let me know.

TWEETS, VIDEOS OR OTHER MARKETING MESSAGES

If you have anything else that I can use to promote this interview please let me know

YOUR AWESOME POST HEADLINE / TITLE

My core message is...

YOUR LEAD PARAGRAPH:

This should be one to two sentences long. It should hook your reader so they cannot wait to read what is next.

PERSONAL STORY:

Connect with the reader's emotion by sharing a personal life experience in one to three sentences. Example: "This is what happened in my life.... I woke up and ..."

PIVOT:

Transition from your personal story into the real life application. Example: "and that was when I realised I loved myself..."

OBJECT STATEMENT:

What contribution are you making and how will it impact your viewers? Example: Because I learned to love myself I can... and it means that...

Here are my three top tips for...

1. POINT ONE HEADING

Explain Point One. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Fusce in est nibh. Curabitur fermentum scelerisque viverra. Aenean pretium arcu vel tempor pulvinar. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Fusce in est nibh. Curabitur fermentum scelerisque viverra. Aenean pretium arcu vel tempor pulvinar.

2. POINT TWO HEADING

Explain Point Two. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Fusce in est nibh. Curabitur fermentum scelerisque viverra. Aenean pretium arcu vel tempor pulvinar. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Fusce in est nibh. Curabitur fermentum scelerisque viverra. Aenean pretium arcu vel tempor pulvinar.

3. POINT THREE HEADING

Explain Point Three. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Fusce in est nibh. Curabitur fermentum scelerisque viverra. Aenean pretium arcu vel tempor pulvinar. Lorem ipsum dolor sit amet, consectetur adipiscing elit. Fusce in est nibh. Curabitur fermentum scelerisque viverra. Aenean pretium arcu vel tempor pulvinar.

CONCLUSION:

That wasn't so bad, was it?! I hope that you can see that by doing blah blah that... And help a friend while you're at it by sharing this post :)

QUESTION:

Ask your readers a question and invite them to comment. Example: What message is burning inside you that you want to shout out loud? You can leave a comment by [clicking here](#).

AUTHOR INTERVIEW

Please answer the questions and return the form with your photos to dd@daleadarley.com.

You can answer some or all. Please also add in anything else that you think is relevant.

WHAT INSPIRED YOU TO WRITE THIS BOOK?

WHAT IS THE TITLE OF YOUR LATEST BOOK?

HOW DID YOU COME UP WITH THE TITLE?

WHAT IS IT ABOUT?

HOW DID YOU COME UP WITH THE IDEA?

WHO WOULD YOU LOVE TO READ IT - WHAT KIND OF PEOPLE AND WHY?

WHAT WERE (OR ARE) THE CHALLENGES IN BRINGING IT TO LIFE?

IF YOU HAD TO DO IT ALL OVER AGAIN, WOULD YOU CHANGE ANYTHING IN YOUR THIS BOOK?

WHAT WAS THE BEST PART OF BRING YOUR BOOK TO LIFE?

WHAT DID YOU LEARN FROM WRITING YOUR BOOK?

WHAT ADVICE DO YOU HAVE FOR OTHER WRITERS?

WHAT IS YOUR INSPIRATIONAL MESSAGE FOR THE WORLD?

WHAT ELSE HAVE YOU DONE WITH YOUR BOOK? (E.G. TURNED IT INTO A COURSE/RETREAT/SPEAKING)

WHAT OPPORTUNITIES HAS YOUR BOOK CREATED FOR YOU?

SHARE A QUOTE FROM YOUR BOOK

And if you have a meme to go with it, please send it as well.

WHAT BOOKS HAVE INFLUENCED YOUR LIFE THE MOST?

THINKING BACK TO BOOKS OF YOUR CHILDHOOD, WHAT WERE YOUR FAVOURITE BOOKS AND WHY?

WHAT BOOK(S) ARE YOU READING NOW?

WHAT DO YOU DO FOR FUN?

WHERE CAN WE FIND OUT MORE ABOUT YOU?

Include website, facebook, twitter, etc. And any other details you want to share. Please ensure that these are the full links. E.g. <https://www>.

BIO

Please include about 100 words about you.

PHOTO

800 x 800 high resolution picture of you to be emailed with this interview and a picture of your book cover – also high res. If you have a picture of you holding your book – that's great too.

LINK TO YOUR BOOK

Preferably on amazon. Both kindle and print – with hyperlinks

BOOK DETAILS

- Title:
- Series:
- Author:
- Genre: non-fiction
- Format: paperback and kindle
- Length: xx pages
- Publication date:
- Publisher:
- Regular price:

WHAT EVENTS DO YOU HAVE COMING UP?

Please include a title, description and link.

INTERVIEWS

[Follow this link](#) to book yourself into my calendar. If there aren't any times that you can make it, message me on Facebook and we'll go through diaries and find something suitable. I'm happy to chat evenings and weekends.

THANK YOU

Thank you for agreeing to guest blog and be interviewed. Please make this work for you so that you maximise your exposure and my readers get great content worth sharing.

Lot of love

Dale