

WELCOME TO ON TRACK

IN THIS WELCOME PACK:

We'll be going through the course schedule, what to expect each week, how setting your own targets works, the reward cards, and how to get the most out of the On Track course.

Welcome to On Track! This is your introduction to the course: hopefully it'll answer any questions you've got, but please do feel free to email me (ali@aliventures.com) if anything's confusing or unclear.

The Course Schedule

We're going to work through On Track week by week:

Monday 14th January – Sunday 20th January

Module #1: Deciding What to Focus On (And Why)

Monday 21st January – Sunday 27th January

Module #2: Moving On and Setting Your Goals

Monday 28th January – Sunday 3rd February

Module #3: Getting to Grips with Planning

Monday 4th February – Sunday 10th February

Module #4: Understanding Your Drafting Process

Monday 11th February – Sunday 17th February

Module #5: Having More Fun With Your Writing

Monday 18th February – Sunday 24th February

Module #6: Carrying On Until You Reach "The End"

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You'll have full access to the materials after the course (plus four weeks of additional support through the Facebook group after Week 6 ends).

To get the most out of the course, I strongly recommend setting aside some writing time every week if possible, and "checking in" each week.

The Weekly Emails

Each week, you'll receive two emails from me. Each will have **[On Track]** at the start of the subject line and they'll come from ali@aliventures.com.

On Mondays, you'll get the module for the week. There'll be a quick introduction to this in the email itself, with a link to download the full module as a .pdf. *(I'll also include links to the previous weeks' modules, in case you've lost any and want to refer back.)*

On Fridays, I'll send you a quick reminder to fit in some writing time. This will include the download link for the module again, in case you've misplaced it, and any news or updates about the course.

Our Facebook Group

So that we can get to know one another as a group, I've created a private Facebook group for us:

[On Track \(Winter 2019\)](https://www.facebook.com/groups/ontrack2019)
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This is where you can introduce yourself to other members of the course, chat about writing, and ask any questions you want. It's a private group: no one will see your posts except fellow writers taking the course alongside you.

Note: As it's a private group, I'll need to manually approve your request to join. Apologies if this means a short wait!

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I'll be in the group as often as possible to answer any questions you've got.

The Facebook group is structured with different sections for the six modules, so it's easy to ask questions (and find answers!) about each week's material.

Even if you don't want, or don't have time, to use the Facebook group on a regular basis, it'd be great if you could pop in once a week to "check in".

Which leads me on to ...

Weekly Check-Ins And Your Targets

In Week 1 and Week 2, you're encouraged to "check in" on our Facebook group to let us know when you've worked through the materials for that module.

During Week 2, we'll be setting individual targets for the next four weeks.

These might be a certain word count (like "write 1,000 words on my novel each week"), a time-based goal ("write for two hours each week") or a goal related to a particular milestone ("finish the edits to chapters 1 – 3 this week").

I'll be giving you plenty of guidance on this in week 2, so don't worry if you're not sure what sort of target to set for yourself.

When you check in during weeks 3, 4, 5 and 6, I'd love you to share your progress. It's fine to check in without meeting your target.

(If you prefer not to use Facebook, email me at ali@aliventures.com to "check in" instead: please put "Module #1 check in" etc in the subject line.)

To help you stick to checking in, even on bad weeks, you have ...

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Your Reward Card

Each week that you check in on time, you'll get a stamp on your reward card. Each stamp is worth 5% off any other Aliventures course, so you can save up to 30%. (The full list is at aliventures.com/courses.)

You'll receive your stamped reward card each Monday, either as a reply to your "check in" on the Facebook topic, or as a reply to your email, if you checked in by email.

To be eligible for your stamp for the week, you need to check in by the end of the Sunday – i.e. for Week 1, you need to check in by the end of Sunday 20th January.



Getting the Most Out of the Course

While I've aimed to make On Track helpful even if you're short of time, since it's all about you making progress with your writing, your progress will obviously depend on how much time you can devote to your project.

To help you make the most of On Track, I suggest that you:

#1: Set aside a regular time to look through the modules. They come out on a Monday, so you might want to read through on a Monday evening, during your Tuesday lunch break, or whatever works well for you.

If you've taken any of my other six-week courses, you'll know that the modules tend to be quite in-depth: for On Track, I've kept them deliberately

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short (1,000 – 2,000 words) as I don't want your reading time to take over from your writing time! I've not included further reading suggestions, either – but if you want extra help with a particular topic, do ask in the Facebook group and I'll be very happy to find some resources for you.

You can download the module .pdf as often as you like, to as many devices as you like – so it's fine to glance through the module on your phone, say, then read it in more detail on your tablet.

#2: Set aside least an hour a week to write. It's up to you exactly what target you set, but it's difficult to make meaningful progress if you can't manage at least an hour a week. It's fine to split that hour into smaller chunks (when my kids were tiny, I used to write in 15 minute bursts during nap times).

#3: Ask questions in the Facebook group. Throughout the course, I'm here to support you. If you're struggling with something in your writing itself, or if you're looking for help with issues like focusing better during writing sessions, do come and ask. Other members may well have great ideas to suggest too.

Finally ... I am very much looking forward to getting to know you, and to supporting you as you renew your commitment to your writing. Come on over to the Facebook group now and introduce yourself here:

[facebook.com/groups/ontrack2019/permalink/340831093171705](https://www.facebook.com/groups/ontrack2019/permalink/340831093171705)