



# 5 Lists to Keep Beside Your Novel Draft

*A practical toolkit to help you stay organized, focused, and grounded while writing your book.*

## Character Contradictions List

Quick contradictions that make your characters more real and complex.

Example: Brave in a crisis / Coward in relationships

- ☐ \_\_\_\_\_
  - ☐ \_\_\_\_\_
  - ☐ \_\_\_\_\_
- 

## North Star Scenes List

Scenes you're most emotionally connected to—moments that define your story's heart.

- ☐ \_\_\_\_\_
  - ☐ \_\_\_\_\_
  - ☐ \_\_\_\_\_
-

## What I Know So Far List

A low-pressure snapshot of what's currently clear in your draft.

- ☐ \_\_\_\_\_
  - ☐ \_\_\_\_\_
  - ☐ \_\_\_\_\_
- 

## Tension Tracker

Where does the tension live in each scene—emotional, interpersonal, or narrative?

- ☐ Chapter/Scene: \_\_\_\_\_ | Tension: \_\_\_\_\_
  - ☐ Chapter/Scene: \_\_\_\_\_ | Tension: \_\_\_\_\_
  - ☐ Chapter/Scene: \_\_\_\_\_ | Tension: \_\_\_\_\_
- 

## Writer Maintenance List

Rituals, habits, or reminders that help you stay connected to your work.

- ☐ \_\_\_\_\_
  - ☐ \_\_\_\_\_
  - ☐ \_\_\_\_\_
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*"You're not writing a novel all at once. You're writing it one small decision, one scene, one list at a time."*

— Beth McMullen, [www.bethmcmullenbooks.com](http://www.bethmcmullenbooks.com)