

Description

This is a sample from an ongoing unpublished memoir project that is targeted toward men and women between the ages of twenty-five to sixty who are interested in self-help and adventure genres.

Context

An outline is an important part of the ghostwriting process as it gives the novel direction and acts as a preliminary milestone that both you and I will agree on to guide the creation of the novel.

This is one of many forms that a project outline can take. Outline structures vary from project to project based on the needs of the writers. In general, novels are organized into beats that help to break a project up and give it pace. As this sample's project is 100,000 words, you will see that length reflected in the outline by breaking down beats into sub-beats as a way to maintain flow throughout the story. This sample is from just after the midpoint of this nineteen-beat outline.

****** These are not made to be grammatically perfect or correct but rather are used to create a sense of the story that will help to keep the novel on track.

1600 Word Sample

Beat 12.0

GOAL: to show the weird-ness of passing through the time and place you planned to kill yourself and no longer holding that plan to be true. Changing your mind doesn't mean you instantly start to live.

Mae lands in Athens for a two-day layover. She feels eerie walking through the busy Greek roads realizing that it would have been so easy to kill herself, yet knowing she no longer wants to even though she doesn't quite have something to live for just yet. She visits the Acropolis and has a moment where she turns around and sees the bay from the viewpoint of the Gods and being overwhelmed by the beauty of it. She allows herself to be taken into the moment and leaves the site feeling all the more grateful that she is alive, even though she still feels unsure, and that life is meaningless.

- Wakes up in hostel feeling bleh, gets oriented and chooses to isolate herself.
- Walks to and through Acropolis, taking in the environment and the ancientness of it all.
- She takes in the beauty of the view from in front of the Pantheon and it opens her mind to experiencing joy again.
- Riding the high, she socializes with new friends .
- She leaves Athens feeling hopeful, even if still unsure.

Beat 12.1

GOAL: a glimpse into the day-in-the life of Mae. What it feels like to be in the place she dreamed of and how she is able/unable to enjoy it right off the bat.

Mae arrives on Fighter Street in Thailand, nervous and afraid at being alone and not knowing anyone. The scenery floods her soul and welcomes her in a way she had been hoping for. She nervously attends the BBQ beat down where she meets new friends. She gets drawn into drinking and spends the night out, waking up the next morning feeling sick and depressed.

- Opening to Thailand and Lion Muay Thai.
- Meeting friends at her gym, Jordan, Amber, and Toby at BBQ Beat Down.
- Reflects on her first night out in Phuket, feeling disappointed.

Beat 12.2

GOAL: to plant a seed in the MC that happiness is a perspective and a choice.

She arrives at Lion and signs up to do the “Big Buddha Run” the very next day. After doing a very physical uphill run, she reaches the temple and in an epic moment looking over the bay, she realizes that she didn’t choose not to kill herself, as in her mind, it’s always an option. Rather she chose to live her life consciously instead of floating through every day because it was presented to her. She is welcomed into a friend group and slides into a routine of training 4-5 hours, eating meals with people, going to the beach, and (on the weekends) getting drunk and clubbing. She even has a few drunken hook-ups and almost sex encounters, none of which she feels particularly guilty about. The more she thinks about it, the less she wants to wait until marriage.

- Big Buddha run, epic moment at temple with revelation she chose life.
- Is drawn into a cycle of eat, train, drink, train.
 - Big buddha run (Tuesday)
 - Eating at mama’s (Tuesday)
 - Beach > developments between Jordan & Amber (Thursday)
 - Training next day, watching, and feeling inspired; makes plans to party with friends (Friday)
- Excited to apply for Lion Muay Thai team tryouts.

Beat 13.1

GOAL: To show the classic “no matter where you go, there you are” moment where Mae is alone again and forced to confront the trauma that she almost killed herself and feel the feelings that led her down that path in the first place.

After a month, almost all of the friends she met have left (Amber in Canada, Jordan on some random island on the other side of the Thailand peninsula, Toby back to Glasgow) and she is back where she started, though in a new apartment off of Fighter Street, at the foot of Big Buddha hill. After another Big Buddha morning run, she is overcome with feeling avoidance, alone, and scared that she could have died. and word vomits on a Word Document for 3 days non-stop. When finished, she feels relieved because she has allowed herself to grieve for the pain she went through instead of trying to pretend it never happened. She feels grateful and emulates the peace she felt when suicidal.

- Intro to waking up in new apartment to go do Big Buddha run (no entering temple)
- Coming back and word vomiting for three days
- Finally finished, she reflects on her balcony emulating the peace she learned when suicidal then gets ready to go train.
- TRUE VEIN: Mae is beginning to realize she deserves to enjoy life because she deserves to be happy. This has and always will be the key to being happy because it is the driving force to keep trying to be healthy, both mentally and physically. This, as a concrete thought, will evade her for a while.

Beat 13.2

GOAL: to show the knowing-doing gap. Mae knows she wants to live but doesn't know how to because she no longer has a moral compass, a community, or real tools to combat her anxiety.

Having grieved for her pain, doesn't release Mae from the grips of her disease. Homesick and too lazy to make new friends all over again, Mae searches for a Catholic Church. She goes to mass and feels

at home there, but after taking up an invitation to a community lunch, she feels awkward and like a liar because she doesn't want to tell them she is agnostic for fear of being asked unwanted questions. She accepts that church isn't a place for her anymore and feels further alienated. She enters into a 2-week bed rest from anxiety over having to do the laundry. She realizes that she is addicted to the feeling of anxiety and doesn't know how to get better.

- She feels lonely after all her friends have left and is homesick so decides to go to mass.
- Finds Filipino church, likes mass.
- Goes to bible-study after mass, feels uncomfortable.
- Goes home to a pile of laundry that she doesn't want to do, so she collapses on bed, orders a pizza and starts watching TV.

Beat 13.3

GOAL: Mae suffers the consequences of poor mental illness and face the reality that if she doesn't change, neither will the outcomes.

She finally gets back to the gym and is told she's been last-minute accepted into the try outs - which she is both excited and regretful for. Being out of shape, she completely bombs the tryouts, which she feels guilty about as she knows her coach put his name on the line to get her in. She tells her parents and friends she is in a slump again and is encouraged to seek help. She says she will "tomorrow."

- Two weeks later, Mae finally works up the courage to go back to practice where she finds out she got accepted into the program as a last min replacement.
- She bombs tryouts, getting shin splints, running slowest ever on Big Buddha, and after waking up from a nap, pees herself for not being able to get to bathroom on time. Knows she has failed coach, feels guilty.
- After try-outs, talks to parents.

Beat 14.1

GOAL: Mae starts to proactively take care of herself: she makes friends, finds a mindfulness mentor, and decides to allow herself to spend money on herself for “extra” things.

Mae works up the courage to make friends with an expat she has seen around for months, Agatha, and is welcomed into a friendship with her and Charlie. In a turn of events, Mae ends up living with Charlie to support her during a breakup, which she is very happy about as she hasn't liked living alone for the past four months. While living there, Agatha recommends a local mindfulness mentor, Anders, for Mae to see about her negative emotions, so Mae schedules it for the week after they will return from a trip to Chiang Mai for Charlie and Mae's birthdays (which are only 1 day apart). During this trip, Mae breaks down because she has lived to be 26, something that only a few months ago she didn't think was ever going to happen. She opens up to the two women and, with their love and encouragement, determines that this will be a year of celebration. She isn't going to worry about budgets or money anymore (within reason) because she trusts it will come when needed and life is too short to not enjoy. At the Chiang Mai Night Market, she buys her first few articles of clothing since arriving, a symbol of her new decision.

- Meets Agatha (UK retired woman who toughs life out and perseveres) after gym and invited to lunch with her and Charlie (spontaneous, spends on aesthetics, daddy/mommy issues)
- A few weeks later, Mae goes to Charlie's house amidst a bad break-up and ends up living with her for mutual support.
- After a Muay Thai session, Agatha, Charlie and Mae get food and plan a birthday trip to Chiang Mai.
- In Chiang Mai, Mae breaks down at midnight on her birthday and shares her suicide plan with women. She shares how she has been trying to celebrate life but is so caught up in these habits

that she feels like she is failing. She (they help her) decides to expand what it means to celebrate, including spending money on herself, being compassionate, and finally letting go of her sexual restraints.

- Agatha also recommends Anders for Mindfulness Coaching, so she books an appt a few weeks out.