



WORKBOOK 02

The Story Seed WORKBOOK

Your story seed is the compass for your novel.

THIS WORKBOOK BELONGS TO

WORKBOOK 02 · WRITE YOUR FIRST NOVEL

The Story Seed

Your story seed is the compass for your novel.

DESIGNED FOR

The Write Your First Novel
course

FORMAT

Fill-in module workbook

YOUR OUTCOME

Create your one-
sentence story seed

INSIDE THIS WORKBOOK

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Purpose

WHY THIS WORKBOOK

To turn your idea into a clear and solid story, you need a compelling story foundation.

Your story seed is the compass for your novel. It keeps you focused, grounded, and clear as you write. This worksheet helps you refine your idea using the Idea Triad and the Story Strength Test.



HOW TO USE THIS WORKBOOK

Instructions

To get the best out of this worksheet, read and consider each prompt carefully. There's no right or wrong answer. Use your creativity and imagination to build out your story. Dream within, to envision your story and the many possible directions and endings it could go in.

01

STEP ONE

Complete each section.

02

STEP TWO

Keep your answers short, clear and sharp.

03

STEP THREE

Use your responses from each section to craft your one-sentence story seed.

BEFORE YOU BEGIN

Introduction

The Story Seed process gives a new writer clarity, direction, and confidence.

It transforms scattered ideas into a focused story foundation, prevents overwhelm, and becomes the guiding force behind character development, plot structure, world-building, and scene writing.

Ultimately, it increases the likelihood that you will not only start your novel — but finish it.

THE STORY SEED PROCESS WILL

- ✓ Transform your vague ideas into a clear, actionable story foundation.
- ✓ Prevent the common mistake of writing without a clear direction.
- ✓ Help you understand the emotional universe of your novel.
- ✓ Become the foundation for every major story decision — plot mapping, character development and more.

1

SENTENCE

Your whole novel, distilled.

3

INGREDIENTS

Character, desire, obstacle.

∞

DIRECTIONS

Every decision flows from it.

PART A · THE IDEA TRIAD

Every story needs *three things*

01

Character(s)

Who is the main character?
Will there be more than one
key character?

02

Desire

What does the character desire? Is there something significant that they hope for?

03

Obstacle

What is in the way of that hope or desire? It could be a person, an experience, an event, or an evolution they need to go through.

THE STORY STRENGTH TEST

Ask yourself:

Does my character want something deeply?

☐ YES ☐ NOT YET

Is something meaningful in the way?

☐ YES ☐ NOT YET

Will they be transformed — evolve, mature, learn, grow?

☐ YES ☐ NOT YET

My first idea, in rough form

Jot it down as it is now — you will sharpen it in the pages ahead.

PART B · STORY PROFILE

Story profile & *character arc*

The Story Profile explores the framework of your novel and lends the spine to the story map and the character arc. Think of it as the value proposition of the story: the premise and the promise. Think through and outline the following prompts.

1

Who is, or who are, the character(s)?

2

What is their aim, goal or desire?

Explore the following prompts sincerely — they form the foundation of the Story Seed.

3

What obstacle is in their way?

4

What genre does this novel or story fall into?

5

What is the audience likely to gain, learn or experience from engaging with the story?

PART C • THE TEMPLATE

Plant your *story seed*

THE ONE-SENTENCE FORMULA

A story about a character who wants desire but obstacle.

SAMPLE STORY SEED

"A story about a determined young woman who wants to escape poverty and build her own life, but her traumatic past and fear of trusting others threaten to destroy her chance at love, stability, and emotional freedom when she meets a man who offers her everything she's never had."

Option one – your first draft of the sentence

B

Option two

C

Option three

MY CHOSEN STORY SEED

The compass for my novel

YOUR WORKBOOK JOURNEY

Workbooks & worksheets in this course

Complete each one within the course. Tick it off as you finish — every box is a step closer to a finished first draft.

01

The Writer's Identity Declaration

WORKBOOK

☐

02

The Story Seed

YOU ARE HERE

WORKBOOK

☐

03

The Protagonist Profile

TEMPLATE

☐

04

Plot Mapping

WORKBOOK

☐

05

Immersive World-Building Snapshot

WORKBOOK

☐

06

Scene Starter

TEMPLATE

☐

07

Revision Roadmap

WORKSHEET

☐

COURSE MODULES

Track your progress

Eighteen modules across three parts. Tick each module as you complete it.

MODULES

Part One

- ☐ The Writer's Mindset
- ☐ Creative Identity
- ☐ Finding & Refining Your Novel Idea
- ☐ Building Believable Characters
- ☐ Plot Architecture
- ☐ Story Mapping

MODULES

Part Two

- ☐ World Building & Story Settings
- ☐ Immersive Story Writing
- ☐ Story Mapping and Arcs
- ☐ Rule with Your Imagination
- ☐ Reinforce with Factual Research
- ☐ Write Your First Draft Fearlessly

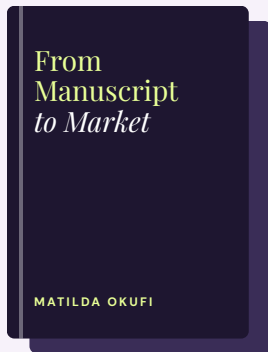
MODULES

Part Three

- ☐ Finding Readers – Pre-Edit
- ☐ Editing and Proofreading
- ☐ Platforms and Formats
- ☐ Where Is Your Audience?
- ☐ Your Author Persona
- ☐ All About Publishing

KEEP GROWING

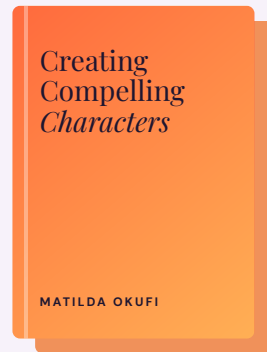
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IDEAS, FRAGMENTS, SPARKS

Notes

IDEAS, FRAGMENTS, SPARKS

Notes

WORKBOOK 02 COMPLETE

How's it going?

You have just completed the second in a series of workbooks for the **Write Your First Novel** course. How do you feel? Hopefully you have had some reflection and introspection on the bedrock of your story.

As a writer, having a clear reason and direction for your story helps you define its possibilities and possible endings. Who is the core character, what are their hopes, and what will they need to overcome?

ONE WORD FOR HOW I FEEL

YOUR PROGRESS



Writer's Identity



Story Seed



Protagonist Profile



Plot Mapping



World-Building

Next in the series · Workbook 03

The Protagonist Profile Template



I wish you the very best on your journey of storytelling.

Love, Matilda x

POET · WRITER · AUTHOR

Matilda Okufi

Founder & Lead Writer, The CopyShift Creatives and The Authority Atelier

I am passionate about storytelling. At work, my mission is to get more people to tell their stories — be it life stories, career journeys or fictional narratives.

This is the motivation behind the books I write, the events I run and the courses I create.

Love, Matilda x



WEBSITE



YOUTUBE