

Wanderlust Chronicles

AUTHOR GUIDEBOOK





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Discover the art of storytelling with our Author Workbook, designed to guide you in crafting your unique chapter for the Wanderlust Chronicles anthology series. This workbook will inspire and support you in bringing your journey to life while also preparing your chapter for publication.

2025-2027

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Welcome to Wanderlust Chronicles

Our Mission

Wanderlust Chronicles was created to honour women's stories—not just as travellers, but as women embracing transformation, purpose, and visibility.

Our mission is to empower women to share their journeys of self-discovery while also building their authority as leaders, entrepreneurs, and creators. Through storytelling, we help women transform not only personally but professionally—turning their experiences into a platform for growth and recognition.

Each author who joins the series gains access to an elite marketing package designed to amplify her message, elevate her credibility, and open doors to new opportunities.

Together, we partner with women to:

- ◆ Establish themselves as best-selling authors and thought leaders in their field.
- ◆ Expand their personal and professional brands through media exposure on stage, radio, podcasts, and TV.
- ◆ Leverage their stories to attract new audiences, clients, and collaborations.
- ◆ Become part of a global community of women who inspire, support, and celebrate one another.

At its core, Wanderlust Chronicles is more than a book—it's a movement for women ready to be seen, heard, and recognized for who they are and the impact they make in the world.

Our Vision

Our vision is to create a global community of women who travel with courage, purpose, and connection—a network that celebrates safe, empowering travel experiences for women around the world.

Through Wanderlust Chronicles, we publish multiple books each year that showcase women's transformative journeys, both outward and inward. Each edition becomes a bridge between cultures, a celebration of personal growth, and a testament to the strength found in exploration.

Beyond the pages of our books, our vision extends into real-world connection. We host inspiring book launches, speaking events, and retreats that bring our authors and readers together to share stories, wisdom, and adventure. These gatherings, including our signature Women Who Travel Annual Networking Event, foster collaboration, confidence, and lifelong friendships among women who dare to say yes to the unknown.

Our ecosystem also includes WanderlustChroniclesLIVE.com—a vibrant online platform featuring our books, author interviews, and a growing network of opportunities. Our YouTube channel at youtube.com/@WanderlustChroniclesLIVE hosts our Wanderlust Chronicles LIVE TV show, along with inspiring interviews and collaborations with fellow podcasters and travel storytellers.

Together, we're not just telling stories—we're shaping a movement. A movement that connects, empowers, and redefines what it means for women to travel boldly, live authentically, and lead with heart.



Reflection Exercise: Why Am I Here?

- ◆ What drew me to Wanderlust Chronicles?
- ◆ What do I hope to gain by sharing my story?
- ◆ How do I want my voice to inspire or guide others?
- ◆ Where do I see myself growing as part of this community?

How to Submit Your Story

To keep our editing and publishing process smooth, please follow these formatting guidelines when submitting your story:

- ◆ Story length: 3,000–5,000 words.
- ◆ Submit as a Word document (.docx).
- ◆ File name: Use your full name (e.g., JaneSmith.docx).
- ◆ Title of your chapter + your full name must appear at the top of page one.
- ◆ Use Times New Roman or Calibri, size 11.
- ◆ Leave one line space between paragraphs, no indents.
- ◆ Do not insert photos or graphics (submit separately).
- ◆ EMAIL TO: teena@clipstonpublishing.com



“I think you travel to search
and you come back home to
find yourself there.”

– Chimamanda Ngozi Adichie



Finding Your Story

Each edition of Wanderlust Chronicles is dedicated to showcasing uplifting and inspiring stories of women whose lives have been profoundly changed by travel. Stories should focus on transformation, authenticity, diversity of experience, and a clear connection between self and place.



Workbook Exercise: Your Transformation Snapshot

1. Where did you go? Why did you go?
2. What challenge or question did you face at the time?



3. What shifted inside you during this journey?

4. How did the destination play a role in your transformation?

5. What did you bring home with you? Or did you become an expat?

.....

Your chapter is not just about where you went, but about who you became through the journey. This section will help you uncover the moments of transformation that deserve to be shared.



Workbook Exercise 1: Memory Mining

Set a timer for 10 minutes and write freely without editing. Jot down travel moments that left an impression: a breathtaking sight, a challenge, a stranger who changed your perspective, or a cultural experience that stayed with you.



Workbook Exercise 2: The Four Key Moments

1. Dilemma or Challenge I faced:

2. Moment of Inspiration or Breakthrough:



3. How I changed or what I did about it:

4. Resolution—what I took home with me, or why I stayed:



Workbook Exercise 3: Theme Connection

Select all that apply:

Healing

☐

Other (write them down below)

Courage

Self-discovery

Belonging

Love

Freedom

Transformation

Crafting Your Chapter

Now that you've identified your key moments, it's time to shape them into a compelling short memoir chapter. This is your outline. Your goal is not just to recount what happened, but to bring readers into your world and leave them changed by your words.

Structure of a Strong Chapter

1. Title & Subtitle (the destination should always be in your title)
2. Opening Scene
3. Set the Stage
4. The Challenge
5. Turning Point
6. Resolution
7. Closing Reflection





Workbook Exercise: Chapter Blueprint

Working Title:

Subtitle (optional):

One-line synopsis:



Workbook Exercise: Story Arc Map

Beginning (Where I was / What I wanted):

Middle (What happened / Conflict):

End (Resolution / What I discovered):

Theme:



Workbook Exercise: Scene Building with the Five Senses

Choose one pivotal moment and describe it with:

Sight



Sound

Smell

Touch

Taste

Pitfalls to Avoid

- ◆ Preaching or lecturing.
- ◆ Sharing bleak stories without hope.
- ◆ Using overly complex or academic language.
- ◆ Adding unnecessary tangents.
- ◆ Turning your chapter into a sales pitch.
- ◆ Using names without permission.



“We travel, some of us
forever, to seek other states,
other lives, other souls.”

— Anaïs Nin, *The Diary of Anaïs Nin*,
Vol. 7: 1966-1974



Begin Writing Your First Draft

Writing Your Chapter

Now that you've built your outline and mapped out the key moments of your story, it's time to begin writing your chapter. This is where your memories, emotions, and reflections come together to create something powerful—a story that can move, inspire, and transform both you and your readers.

Your first draft doesn't have to be perfect. Focus on getting your words on the page and capturing the truth of your journey. The editing and polishing will come later.

How to Write a Short Memoir in Six Steps

Writing a short memoir means transforming a personal experience into a story that inspires, connects, and moves the reader. Your goal is not to recount every event, but to capture one meaningful journey—one that reveals transformation.

Here's how to bring your story to life, step by step:

I. Find Your Central Theme

Every great memoir begins with a clear theme—the emotional thread that ties your story together.

Ask yourself: What is the core transformation in my journey?

Your theme might be courage, healing, belonging, love, or rediscovery. Everything in your story should connect back to this central idea.



Tip: The theme is what readers remember long after they've finished your story—it's what turns an experience into meaning.

2. Begin in the Action

Start your story in a vivid moment—not with backstory, but with movement, emotion, or tension. Drop the reader directly into the scene so they can feel what you felt.

Maybe it's the moment you arrived in a foreign country, stood at a crossroads, or made a life-changing decision. Opening with action immediately draws your reader in and sets the tone for your transformation.

Ask yourself:

- ◆ What moment marked the start of my change?
- ◆ How can I show, not tell, what I was experiencing?

3. Select Powerful Anecdotes

A short memoir is focused—usually 3,000–5,000 words—so every scene must earn its place. Choose the moments that best illustrate your emotional journey and leave out what doesn't serve the theme.

Pick 3–5 key scenes that show your evolution. These might include a challenge, a lesson learned, an encounter that shifted your perspective, or a moment of peace after struggle.

Tip: If a scene doesn't move your story forward or deepen your theme, save it for another time.

4. Use Storytelling Techniques from Fiction

Even though your story is true, it should read like a story, not a report. Use the same elements great fiction writers use:

- ◆ A clear beginning, middle, and end.
- ◆ Conflict and resolution.
- ◆ Vivid descriptions and sensory detail.
- ◆ Dialogue and secondary characters who played meaningful roles in your transformation.

Create a character arc for yourself: how did you change from the beginning of the story to the end? What did you learn?

Tip: Don't be afraid to include reflection or flashbacks—they help the reader understand your growth and motivation.

5. Write with Authenticity and Vulnerability

Readers connect to truth. Be open, honest, and human—even when it's uncomfortable. Your authenticity is what gives your story power and heart.

You don't need to be perfect; you just need to be real. Share both your fears and your triumphs, because that's where transformation happens.

If you include other people, ensure you have their permission, or change names to protect their privacy.

Remember: Vulnerability is what builds trust—and transformation for both you and your readers.



6. Edit and Refine

Once your draft is complete, take a break. Step away for a few days, then come back with fresh eyes. Read your story aloud—you'll quickly hear where the rhythm flows or where it stumbles.

Look for clarity, consistency, and emotional impact. Trim unnecessary words, tighten sentences, and ensure every paragraph supports your theme.

Then, bring your story to the next level with professional guidance:

- ◆ Review your draft in group Zoom sessions or one-on-one coaching with Rusti L Lehay or Teena Clipston.
- ◆ Incorporate editorial feedback during your scheduled editing sessions.

Your goal: A story that feels alive, polished, and authentically you.

Final Note

Your short memoir is more than words on a page—it's an act of courage and contribution.

When you write from the heart, you don't just tell your story—you help others see what's possible in their own lives.

Wanderlust Author Writing Sessions

To support you through the writing process, we host group Zoom meetings twice a month.

These meetings are a chance to:

- ◆ Share your story or sections you've written.
- ◆ Receive supportive feedback from other authors and the publishing team.
- ◆ Ask questions about structure, flow, or tone.
- ◆ Get writing tips, motivation, and guidance
- ◆ Give you the confidence you need to keep writing

Join the Zoom Meeting:

Each call is designed to help you stay on track, feel inspired, and grow as both a writer and storyteller.

You will receive a Zoom invite and schedule via email. If you miss a meeting or can not attend, simply join the next one, or request a one-on-one support session.



Personalized Coaching

In addition to group sessions, you may book one-on-one coaching sessions for deeper story development or personalized support.

- ◆ With Rusti L Lehay, professional writing coach—for story structure, emotional depth, and creative flow.
- ◆ With Teena Clipston, publisher and editor—for refining your message, strengthening your author voice, and aligning your story with the series theme.

Private sessions are optional but highly recommended if you'd like extra help bringing your chapter to its fullest potential.

Story Crafting Checklist

Use this to self-review before submitting:

- My story has a clear purpose and theme.
- I shared authentic, vulnerable experiences.
- My chapter has a clear beginning, middle, and end.
- I included sensory details.
- My ending includes growth or reflection.
- My story is 3,000–5,000 words.
- Formatting follows submission guidelines.

Adding Photos & Captions

Photos bring your story to life, giving readers a window into your journey. These visuals will appear in the 7x10 colour edition of Wanderlust Chronicles and will not be included in the 5x8 black-and-white pocketbook edition.

Please follow these guidelines carefully so our editorial and design team can easily organize and prepare your images for print.

Submission Guidelines

- ◆ Number of Photos: Please submit five (5) high-quality images that visually support your story.
- ◆ Required Author Photo: At least one photo must include you (the author) in the destination you're writing about. This helps readers connect your face to your story.
- ◆ Resolution: All photos must be high resolution (300 dpi) for print quality.
- ◆ File Format: JPG, TIF, or PNG only.
- ◆ File Names: Each file should be named with your full name followed by the photo number:
Example: JaneSmith_01.jpg, JaneSmith_02.jpg, etc.
- ◆ Delivery Method: Because photos are high resolution, they may be too large to send as email attachments. In such cases, you may try emailing one at a time or use WeTransfer.com to send them all at once.
- ◆ Captions: Include captions at the end of your story under a heading titled Photo Captions, so nothing is misplaced.



Caption & Credit Requirements

- ◆ Photo Credits: Every caption must include who took the photo.
- ◆ If you took it yourself, credit it as Photo by [Your Name] or mark Selfie.
- ◆ If another person took the photo, you must have their written permission to use it – permission via email is fine.
- ◆ Caption Style: Keep captions short, specific, and descriptive.

Example: Photo of: Sunrise over the temples of Bagan, Myanmar. Photo by Jane Smith.

Quality & Replacement Disclaimer

We aim to include all author photos; however, depending on print quality or resolution, some photos may not be used. In such cases, our design team may use professional stock imagery to maintain consistency and visual appeal.

Branding and Copyright

Ensure your photos do not include visible brand names or logos, such as clothing or signage with “Pepsi,” “Nike,” or other trademarks. This avoids copyright or trademark conflicts.



Workbook Exercise: Planning Your Photos

1. Which moments in my story could be supported by visuals?
2. Do I have at least one high-quality photo of myself in the destination I'm writing about?
3. What emotions or themes should my photos capture (joy, courage, healing, discovery, peace)?



4. Draft Captions:

- Photo 01:
- Photo 02:
- Photo 03:
- Photo 04:
- Photo 05:

Editing Process & Procedures

Editing is where your story truly comes to life. Join group Zoom sessions as invited and receive up to two one-on-one calls to support your writing and edits. Clipston Publishing may make final proofreading adjustments.

Step 1: Group Editing & Feedback Sessions

You're invited to join as many group editing sessions as you'd like before your submission deadline. These group Zoom meetings offer a supportive space to:

- ◆ Share your progress and read sections of your story aloud.
- ◆ Receive feedback from other authors and our editorial team.
- ◆ Ask questions about structure, tone, or flow.
- ◆ Learn writing and editing tips.

Participating in these sessions helps you stay motivated, inspired, and connected to the community of authors writing alongside you.



Step 2: One-on-One Editing Sessions

Each author may request up to two private one-on-one sessions for personalized support. These sessions allow you to:

- ◆ Work directly with your editor or coach on your specific challenges.
- ◆ Deepen emotional resonance, refine transitions, or tighten structure.
- ◆ Receive detailed guidance on polishing your voice and clarity.

One-on-one sessions are optional but highly recommended to elevate the final quality of your story.

Step 3: Editorial Team Review

After your one-on-one sessions (or once your story is finalized), it moves to our editorial team. Our editors will:

- ◆ Ensure flow, consistency, and clarity throughout your chapter.
- ◆ Check grammar, punctuation, and formatting.
- ◆ Confirm your story aligns with the tone and theme of Wanderlust Chronicles.

You will then receive a final edited copy to review. Please read this carefully to confirm that your story is complete, accurate, and true to your intent.

Step 4: Proofreading

Once you approve your final version, your story moves to our professional proofreading team. They will:

- ◆ Scan for any last-minute typos or grammatical errors.
- ◆ Ensure all formatting and details meet our publishing standards.

The story is then proofed one final time before printing to ensure perfection across all editions.





Workbook Exercise: My Editing Tracker

Use this tracker to stay organized during the editing process.

First Draft Submitted On:

Group Sessions Attended:

1-on-1 Session #1 Date:

1-on-1 Session #2 Date:

Final Editorial Review Completed:

Proofreading Completed:

Final Story Approved for Print:

Legal Considerations

Authors are responsible for accuracy, permissions, and respecting privacy. Clipston Publishing holds First Publishing Rights for 3 years after release, then rights revert to you. As an author, you are responsible for the accuracy, originality, and permissions related to your story. These safeguards protect you, the publisher, and the integrity of our book.

Key Legal Guidelines

- ◆ **Defamation:** Avoid making false or harmful claims about people or organizations.
- ◆ **Privacy:** Do not disclose private details about others without permission. Use pseudonyms if needed.
- ◆ **Copyright:** Only use material (quotes, photos, etc.) that you created, or that you have explicit permission to include.
- ◆ **Trademarks:** Be cautious naming businesses, brands, or products. If unsure, generalize (e.g., “a local coffee shop” instead of a brand name).
- ◆ **Permissions:** If you name or describe real people, obtain their written consent.
- ◆ **Publisher’s Rights:** Clipston Publishing holds exclusive First Publishing Rights for 3 years after publication. After that, you retain full rights to republish your story anywhere.
- ◆ **Final Edits:** You will sign off on your chapter, but Clipston Publishing reserves the right to make final proofreading changes.



Marketing & Community Participation

Being part of Wanderlust Chronicles means more than publication—it's about becoming part of a global movement that celebrates women's voices, stories, and success.

When you join our series, you also join a coordinated marketing effort designed to amplify your story, elevate your visibility, and help you grow as both an author and professional.

How We Promote the Book

- ◆ **Global Distribution:** Each edition of Wanderlust Chronicles is distributed worldwide through major online retailers and bookstores, ensuring your story reaches readers around the world.
- ◆ **Professional Marketing Campaigns:** Our team manages coordinated social media, email, and press release campaigns to build awareness and excitement for each book launch.
- ◆ **Book Launch Events:** Authors are featured in both in-person and virtual launch celebrations, offering opportunities to connect with readers and network with other authors.
- ◆ **Media Features:** Authors may have opportunities for interviews and features on radio, podcasts, television, and online publications. Select authors will also be featured on Wanderlust Chronicles LIVE—our YouTube show highlighting women's travel and transformation stories.
- ◆ **Retreats & Speaking Engagements:** Selected authors may be invited to participate as speakers or guests at upcoming retreats and live events.

Your Role as an Author

We encourage every author to participate in the marketing process as much as possible. Active engagement helps you maximize your visibility and personal brand growth.

To coordinate your involvement, please speak directly with Teena Clipston about:

- ◆ The level of marketing and promotion you wish to engage in.
- ◆ Whether you are available to attend upcoming events, retreats, or launch celebrations.

Participation in some activities—including retreats, tours, or specific media appearances—may involve additional costs. These opportunities are optional and can be tailored to fit your goals and availability.

Final Note

Your story is part of something much bigger—a movement that unites women from around the world through storytelling, collaboration, and empowerment. Together, we're not just promoting a book—we're sharing a vision that inspires women everywhere to travel boldly, live authentically, and lead with heart.

Contact the Publisher

If you have any questions or would like to speak with the publisher directly contact Teena Clipston at teena@clipstonpublishing.com

or WhatsApp:

+1 236 628 2470 in Canada or in Mexico at +52 984 806 6718

www.clipstonpublishing.com



{ “It is good to have an end to
journey toward; but it is the
journey that matters, in the end.”

Ursula K. Le Guin
The Left Hand of Darkness

Wanderlust Chronicles
Clipston Publishing