WRITE A PLOT SYNOPSIS WITHOUT LOSING YOUR MIND: WORKBOOK

This worksheet is designed to help you craft a strong, clear, and professional synopsis of your novel. Based on the teachings from "Write a Plot Synopsis Without Losing Your Mind," by Amy Collins

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SECTION ONE: THE CORE OF YOUR STORY

1. What Is the Theme?
Examples: Good vs. Evil, The Power of Forgiveness, Identity, Survival, Love, Justice.

- **My Story's Theme(s):**

2. What Is at Stake?
What might be lost or gained?

- **What is the deal at the heart of the story?**

3. Who Is Your Main Character?
Describe what makes them unique and worth following.

- **Name:**
- **Key Traits:**
- **Why readers will care:**

4. What Is Their Deal at the Start?

- **Their situation when we first meet them:**
- **Who they are inside when we first meet them:**

5. Where Are They at the End?

- **How have they changed?**
- **What is their situation now?**

SECTION TWO: TOUCH POINTS

6. Name a Major Plot Moment That Causes Change:

- **Touch Point #1:**

7. Name Another Turning Point:

- **Touch Point #2:**

8. Name Another Turning Point:

- **Touch Point #3:**

SECTION THREE: CHARACTER DYNAMICS

9. Key Characters vs. Side Characters

- **Who is essential to the plot and character development?**
- **Which characters can be summarized or omitted in the synopsis?**

10. Who or What Is the REAL Enemy?

- **The antagonist, system, or force the MC struggles against:**

11. Who or What Do They THINK Is the Enemy?

- **Their perceived antagonist:**

12. What System or Entity Is in Conflict With Them?

- **Is there tension with society, culture, power, or belief?**

13. Do They Make Active Choices?

- **Describe moments of agency:**

14. What Happens to the Real Enemy by the End?

- **How is the antagonist resolved or changed?**

SECTION FOUR: PLOTTING THE SYNOPSIS

15. Plot Turns You Haven't Mentioned Yet:

- **Are there big events you forgot to list?**

16. SYNOPSIS TRACK: Choose One Approach
Option A: Focus on Main Plot from beginning to end.
Option B: Focus on Main Character from beginning to end.
Option C: Mix them together seemlessly

- **I choose:**

17. Write the First Draft of Your Synopsis
Use 3rd person, keep it simple, avoid "and then, and then…" structure. Hide nothing. Use active voice. No cliffhangers.

SECTION FIVE: REFINING THE SYNOPSIS

18. The Revision Process

- This is just your first draft. Now:
    - Set it aside for 2–3 days.
    - Revise for clarity and tone.
    - Ask critique partners to read it.
    - Use feedback to answer:
        - Did they understand the plot?
        - Were they ever confused or bored?

NOTES & REMINDERS

- Keep your synopsis under two pages.
- Only include descriptions when necessary to understanding.
- Stay in active voice.
- Make sure your protagonist shows agency.
- Show their growth.
- State how the story ends.

For more help and tips:
Visit @askamycollins or www.agentshelpingauthors.com / www.amysadvi