

Write it like a Lava Cake:

An Ooey Goey Guide for Middles



#1 thing to do: **CHANGE YOUR MINDSET!!** Middles are fun, they are important, and they are the best part of the book sometimes because of all the fun we can have with our characters while they learn and fight obstacles.



Ingredients For an ooey-gooey good middle

Do the Prep work: Do it your way, planner, planster, pancster. What matters is that you do it.	Make sure you know the story goal and the character goals of your main characters.	Melt in subplots and plot devices so they make your book delicious but don't take over.
Have obstacles that make sense to the story and make it hard for your character to get what they want	Use internal and external conflict to make the middle great.	Double-check your pacing. Do you have fast and slow moments? Wins and fails. Two steps forward, one step back? (hint: 10-step pacing)
Make your midpoint a mini explosion.	Have growth to combat their disbelief folded in throughout the story.	Dangle the carrot, and know how long to "bake" make the reader wait.
Give it a twist that increases the tension and excitement	Set up the climax so we are dying to dive right into it.	Don't add anything that doesn't belong. IE, no crab in our lava cake.



10-Step Pacing

1. March
2. Grapevine
3. Two steps forward, one step back
4. Star
5. Faster Two steps Forward, one step back
6. Rock n Roll
7. Gallup and Zag
8. Shooting Star
9. Settle and Breathe
10. March

