



*get published!*

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# IT'S TIME TO GET SEEN.



This checklist includes 25 places where you can get your work published—indie websites, big-name websites, magazines, and more.

We've handled hours of research and legwork for you. Instead of Googling and scouring the Internet for opportunities, you can focus on writing, writing, writing—and submitting your work to get published!

## HOW TO USE THIS CHECKLIST — AND GET PUBLISHED!

### - SKIM AND MAKE A LIST

This list includes 25 publications that are currently accepting submissions from writers... like you! Skim through the entire thing. See what jumps out at you. Make a short-list of any publications that seem like they could be a good fit for you.

### - READ A FEW PIECES FIRST

Before you reach out to say, "I want to write for you!" always read a couple pieces from that publication first. What's the style of writing on that site? What types of things have they published in the past? What's their audience / community / tribe like? What's the publication's mission? What's the vibe? It's a really bad idea to reach out to a publication if you've never actually read anything from that publication. That's like applying for a job at a company you've never heard of, never Googled, and basically know nothing about. It's a waste of your time—and theirs.

# HOW TO USE THIS CHECKLIST — AND GET PUBLISHED!

## - BE RESOURCEFUL

Yes, you can reach out to publications by following their submission instructions. That's great. But of course, the FASTEST way to get published is... having a friend make a personal introduction for you. Do you know someone who works at HuffPo, Cosmo, or your local newspaper? Or someone who has freelanced for them in the past? Maybe your brother's wife's sister has a connection at The Muse? Is there ANYONE in your network who might have ANY connection to a blog, podcast, magazine, newspaper, or media company? If you do some digging and start asking around, you'll probably discover that you already have a couple people in your network who could help you. You probably know more people than you think you do. You just have to reach out to people and ask, "Would you be willing to introduce me to so-and-so?" Check out the email templates at the end of this e-book for ideas on what to say.

## - KEEP SEARCHING

There are over 7,000 magazines in circulation, over 18,000 newspapers, over 250,000 podcasts, and over 150 million blogs. There are SO MANY PLACES in the world that would love to hear from you. SO MANY PLACES that would love to publish something you've written, or share/ broadcast/feature a story that you want to tell. If you get rejected a few times, that's totally normal. Don't give up. Keep searching. Keep Googling. Keep making lists of different places you can reach out to. Keep emailing. Keep going. Sooner or later, someone's going to say "We love your idea! Send us the rest of your article please!" and then boom. You'll be a published writer! It's much more attainable than you might think. You just have to be persistent and keep reaching out until somebody says "Yes."

# HOW TO USE THIS CHECKLIST — AND GET PUBLISHED!

## **- DO EXACTLY WHAT THEY ASK**

Every publication has slightly different requirements.

Some publications want you to send an email with a quick description of your idea. ("Hey, this is an article I'd love to write for you...") Some want you to send an email with your entire article, essay, interview, story, or poem attached as a Word doc. Some want you to fill out an online application. Some want to see a few samples of your previous writing. Some don't. Always follow the EXACT instructions that they provide. If you don't, your submission will probably get lost or ignored. (So sad!) If the instructions seem vague ("Email us your idea!") and you're not sure what to say, turn to the end of this e-book, where we share some email templates you can use. (Yay! No stress.)

## **- BE PATIENT**

We know it's hard, but try to be patient. Many publications receive hundreds of inquiries every month. It can sometimes take days, weeks, or even months to hear back and find out if they want to publish something you've written. But that doesn't mean you have to just "wait around." Move right along to another project! There are plenty of things you can work on in the meantime. Write another article. Outline your next book. Make some notes for a class you'd like to teach. Keep the energy moving!

## **- BE ORGANIZED**

If you're reaching out to numerous publications, be organized. Make a spreadsheet to keep track of who you contacted, what you said, and when. Some publications get annoyed if you reach out more than once, or if you pitch the same idea to multiple places at the same time, so creating a spreadsheet will help you avoid doing that.

# HOW TO USE THIS CHECKLIST — AND GET PUBLISHED!



## **- STAY POSITIVE**

We can't emphasize this enough: EVERY writer gets rejected. It's part of the journey. It's not super fun, but it doesn't have to be a big deal either. You can read your latest rejection email, think, "Oh well!" and move right along to your next writing project, or your next pitch. No biggie. If you worked hard to put together an article, and it got rejected, that doesn't mean it's a wasted effort. You can take that same article and post it on your blog. You can send it out to your mailing list. You can pitch it to a different publication. You can put it into your next e-book. You can re-purpose it in some way. There are an infinite number of ways to get your work out there. Just because one person says "No thanks," that doesn't mean it's the end of the story. Find a different way to get your work seen. There's always another way to move things forward. Today is not over yet.

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #1. BELLA GRACE MAGAZINE

"Bella Grace is a print publication devoted to discovering magic in the ordinary. Our aim is to touch the souls of our readers through beautifully penned stories and striking photographs that capture life's beautiful adventure."

Website: <http://bellagracemagazine.com>

What they're looking for:

- True stories about self-love.
- True stories about embracing imperfection.
- True stories about random acts of kindness.
- True stories, poems, and photos related to the theme: "Life is a beautiful adventure."

Payment: Typically \$25 - \$100 per article.

How to get in touch: Send an email to [bellagrace@stampington.com](mailto:bellagrace@stampington.com) and include your submission as an email attachment.

For specific instructions and quarterly deadlines, go to:  
<http://bellagracemagazine.com/submission-guidelines/>

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #2. BITCH MAGAZINE

"Bitch Media's mission is to provide a feminist critique and analysis of pop culture, to encourage discussion about how the media influences us, and to promote the connection between cultural critique and social-justice activism."

Website: <https://bitchmedia.org/>

What they're looking for:

- Thought-provoking essays on pop culture, social trends, political activism, racial injustice, LGBT rights, reproductive rights, and lots of other topics.
- Interviews with feminist writers, musicians, and other culture-makers.
- Book, film, and music reviews focusing on female authors and artists.
- They do NOT publish fiction or poetry.

Payment: Typically \$40 - \$200 per article.

How to get in touch: Reach out through their online application form.

Follow the instructions here: <https://www.bitchmedia.org/writers-guidelines>

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #3. BLISSFULLY DOMESTIC

"Blissfully Domestic is a popular online family-friendly magazine that offers ideas and inspiration to many areas of life. Blissfully Domestic is for quality-conscious readers interested in Home, Life, and Food. It celebrates people and their everyday lives: gardening, entertaining, renovating, cooking, and creating."

Website: <http://blissfullydomestic.com>

What they're looking for:

- Videos and articles geared towards women and moms—including working moms, stay at home moms, blogging moms, and DIY crafters.
- Preferred topics: home, life, food, and engaging with our family, our communities and each other.

Payment: No payment, but you'll get exposed to a sizable readership / fanbase. Blissfully Domestic has 250,000 readers per month.

How to get in touch: Reach out through their online application form.

Follow the instructions here: <http://blissfullydomestic.com/write-for-us-3/>



# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #4. BREVITY

"For nearly two decades, Brevity has published well-known and emerging writers working in the extremely brief (750 words or less) essay form, along with craft essays and book reviews."

Website: <http://brevitymag.com>

What they're looking for:

- Short essays covering a wide range of topics—grief, travel, transgender issues, and beyond.
- Book reviews for non-fiction books, but not fiction or poetry.

Payment: Typically \$45 per essay. Note: they request a \$3 reading fee in order to be considered for publication.

How to get in touch: Reach out through their online application form.

Follow the instructions here: <http://brevitymag.com/submissions/>

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #5. BUST

"With an attitude that is fierce, funny, and proud to be female, BUST provides an uncensored view on the female experience. BUST tells the truth about women's lives and presents a female perspective on pop culture. BUSTing stereotypes about women since 1993."

Website: <http://bust.com>

What they're looking for:

- Articles about pop culture, news, and views important to women.
- Articles about cooking, crafts, home, health, DIY inventions and other household tips.
- Articles about fashion, beauty, and style, your fave new designers, trends, and products.
- Info about the coolest spots in your hometown (restaurants, shops, female-run businesses, etc.) for their "Around the World in 80 Girls" series.
- Short erotic fiction that's under 900 words long.
- Book, movie, and music reviews.
- They do NOT accept poetry.

Payment: Typically \$50-\$200 per article for their print magazine. Note: they do not pay anything for pieces that get published on their website.

How to get in touch: Send an email to [submissions@bust.com](mailto:submissions@bust.com) and include your submission as an email attachment.

For specific instructions, go to: <http://bust.com/info/submit.html>

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #6. BUZZFEED

Website: <https://www.buzzfeed.com>

What they're looking for:

- BuzzFeed has a team of paid staff writers and journalists, but they also accept pieces from BuzzFeed community members. Anybody can submit a piece for consideration!
- You can write about anything your heart desires—cool stuff you've found on the Internet, an ode to Taylor Swift, your passionate feelings about the Harry Potter books. Topics are very wide-ranging.
- You can write an article or create a poll, quiz, or list.
- Most of the BuzzFeed community pieces are very light-hearted and silly. They've published things like Which Dog Breed Best Suits Your Personality? and Order Five Brunch Items And We'll Tell You When You'll Meet Your Soulmate.

Payment: No payment, but you get the pride and glory of being featured on BuzzFeed, and exposure to BuzzFeed's massive audience: over 200 million monthly website visitors.

How to get in touch: Do NOT email the editors at BuzzFeed with your idea. Instead, read this helpful article—"Everything You Need To Know About Making Your Own BuzzFeed Post"—and follow the instructions:

[https://www.buzzfeed.com/brettvergara/heres-how-you-can-write-your-own-buzzfeed-post?utm\\_term=.hePWKBd5v#.yr5vog4ze](https://www.buzzfeed.com/brettvergara/heres-how-you-can-write-your-own-buzzfeed-post?utm_term=.hePWKBd5v#.yr5vog4ze)

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #7. COFFEE + CRUMBS

"Coffee + Crumbs is a collection of stories about motherhood, love, truth, and the good kind of heartache. At the very core of this space, we want all moms to feel less alone. Our writer team is made up of nine imperfect mothers, figuring out the mystery of parenthood one day and mistake at a time. Coffee + Crumbs is where we share our stories along the way, regularly practicing our collective mantra of grace > guilt."

Website: <http://coffeeandcrumbs.net>

What they're looking for:

- Photo essays—aka, a series of 10-12 photos that tell a story. For example, 10 photos that tell a story about "Siblings" or "Play" or "A Day in the Life." Each photo should be accompanied by short description or quote.

Payment: No payment, but you'll get exposed to a large readership / fanbase. Coffee + Crumbs has over 15,000 fans on Facebook and over 15,000 on Instagram as well.

How to get in touch: Reach out through their online application form.

Follow the instructions here:

<https://coffeeandcrumbs.submittable.com/submit>

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #8. COSMOPOLITAN

"Cosmopolitan is the best-selling young women's magazine in the U.S., a bible for fun, fearless females that reaches more than 17 million readers a month. Cosmopolitan delivers the latest news on men and love, work and money, fashion and beauty, health, self-improvement and entertainment. Cosmopolitan.com reaches nearly 30 million unique users a month, in addition to boasting 8 million social followers."

Website: <http://www.cosmopolitan.com/>

What they're looking for:

- Cosmo puts out requests for specific type of true stories / essays throughout the year— stories about first dates, stories about college, stories about getting your dream job, etc. To find out what they're currently looking for, go to: <http://www.cosmopolitan.com/about/a1734/contact-us/>

Scroll down to the part that says, "To write for Cosmo..." and click the link to find out what types of stories they currently want.

Payment: Typically \$100 per essay.

How to get in touch:

Follow the instructions here:

<http://www.cosmopolitan.com/about/a1734/contact-us/>



# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #9. DIVORCED WOMEN ONLINE

"Whatever stage women are at—contemplating divorce, hashing through legalities, plowing through the dating trenches or embarking on a new career, DWO offers support, information, and expert advice and referrals every step of the way. Our readers need to be reminded that first and foremost they are WOMEN, not just divorcees."

Website: <http://divorcedwomenonline.com>

What they're looking for:

- Short articles (450-600 words) geared towards divorced women and moms.
- They welcome a broad range of topics—deciding whether to stay or go, navigating the holiday season, re-entering the dating pool, legal matters, anything related to divorce.
- They welcome personal stories. You don't necessarily have to be an "expert" on divorce. "All you need is experience and a desire to share."

Payment: A \$5 Amazon gift card as a small token of thanks.

How to get in touch: You can send a fully-written article, or you can send a quick idea for an article that you'd like to write. Either way, you should reach out to: [media@divorcedwomenonline.com](mailto:media@divorcedwomenonline.com)

Follow the specific instructions here:

<http://divorcedwomenonline.com/about/write-for-dwo/>

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #10. ELECTRIC LIT

"Electric Literature's mission is to expand the influence of literature in popular culture by fostering lively and innovative literary conversations and making exceptional writing accessible to new audiences."

Website: <https://electricliterature.com>

What they're looking for:

- Essays about reading, writing, literature, and storytelling in all its forms. Length is up to you, although most essays they publish are 1500 - 5000 words.
- They also want short stories, poetry, and comic strips. They love a dark, ironic sense of humor!

Payment: \$50 per essay.

How to get in touch:

For specific instructions and deadlines, go to:

<https://electricliterature.com/submit-ebdd3b73083a>

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #11. ELEPHANT JOURNAL

"We're dedicated to sharing the good life beyond the choir, and to all those who didn't yet know they give a care about living a good, fun life that's good for others, and our planet. The mindful life is about yoga, organics, sustainability, conscious consumerism, enlightened education, the contemplative arts, adventure, bicycling, family...everything. But mostly it's about this present moment, right here, right now, and how we can best be of benefit, and have a good time doing so."

Website: <http://elephantjournal.com>

What they're looking for:

- Articles, photos, art, poetry, recipes and videos on topics like: health, wellness, mindfulness, spirituality, yoga, family, parenting, food, eco-fashion and conscious consumerism. For articles, the suggested word count is 800 words.
- If you're submitting an article, they prefer that you talk to your reader using a "we" / "us" voice rather than a "you" voice. ("We can all try this..." rather than "You should do this.")

Payment: No payment, but you'll get exposed to a sizable readership / fanbase. Elephant Journal has over 1.3 million fans on Facebook and over 376,000 on Instagram as well.

How to get in touch: Read all of their instructions / guidelines here (there's quite a lot): <https://www.elephantjournal.com/write/>

Then reach out through their online application form here:

<https://www.elephantjournal.com/submit/>

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #12. EXTRA CRISPY

"A food site focused specifically on breakfast."

Website: <http://www.extracrispy.com>

What they're looking for:

- Opinion pieces, reported stories, personal essays, works of humor, illustrated narratives, breakfast-y profiles, original recipes, how-to articles and unusual points of view all about... breakfast!
- Examples of some pieces they've published: Can You Freeze Milk?, How A Waffle Iron Helped Nike Perfect The Running Shoe, Why Baking Is Good For Your Mental Health, 4-Ingredient French Toast To Please Everyone.
- They do NOT want to hear about your Southern grandma's beloved buttermilk biscuit recipe because they've already received a bazillion pitches on that topic. Haha! :)

Payment: Not publicly stated, but you'll get exposed to a large readership / fanbase. Extra Crispy has over 200,000 fans on Facebook and over 13,000 on Instagram as well.

How to get in touch: Read all of their instructions / guidelines here:

<http://www.extracrispy.com/culture/185/how-to-pitch-extra-crispy>

If you're pitching an article for the Food and Drinks section (recipes, cooking and kitchen tips) email the Food and Drinks editor: [kat@extracrispy.com](mailto:kat@extracrispy.com)

If you're pitching an article for the Culture section (breakfast trends, breakfast innovations, interesting people in the breakfast world), email the Culture editor: [margaret@extracrispy.com](mailto:margaret@extracrispy.com) If you're not sure which category is correct, then send your pitch to: [submissions@extracrispy.com](mailto:submissions@extracrispy.com).

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #13. FEMSPLAIN

"Femsplain inspires discussion and connection through storytelling by amplifying the voices trans/cis women and gender nonconforming individuals."

Website: <https://femsplain.com/>

What they're looking for:

- Every 2 weeks, Femsplain announces a new theme. The theme might be something like "Illness," "Weight," or "Impermanence." Then they want to receive essays, true stories, and poetry written in response to that theme.
- A typical story published on Femsplain runs about 500 - 1500 words.
- They're especially interested in pieces that highlight diverse experiences and perspectives from LGBTQIA and other marginalized groups.
- They love pieces intended to "change hearts and minds."

Payment: \$25 per piece.

How to get in touch: First, check to what the current theme is. You'll find it here: <https://femsplain.com/write-for-femsplain-3e69044ea488>

Click the link on the page to see the full theme / prompt, and follow the instructions from there. If you have any questions, you can email [editors@femsplain.com](mailto:editors@femsplain.com) but do NOT send your essay, story, or poem to that email address. It's just for questions, not submissions.



# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #14. FULL GROWN PEOPLE

"A web magazine about the other awkward age of adulthood [...] True stories of how different people have figured it out as they're going along."

Website: <http://fullgrownpeople.com>

What they're looking for:

- Personal essays (800 - 4,000 words) that explore what it means to be an adult. The pain. The joy. The awkwardness that never really ends. They feature essays covering all kinds of topics: romance, family, health, career, dealing with aging loved ones, and more.
- They love essays that are "engaging and smart without being academic."

Payment: No payment. Full Grown People is a volunteer-run project. Note: they request a \$3 reading fee in order to be considered for publication.

How to get in touch: Reach out through their online application form.

Follow the instructions here: <http://fullgrownpeople.com/submissions/>

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #15. HELLOGIGGLES

"Founded by actress/musician Zooey Deschanel, producer Sophia Rossi and blogger/web personality Molly McAleer, HelloGiggles.com is the ultimate entertainment destination for smart, independent and creative females."

Website: <http://hellogiggles.com>

What they're looking for:

- Essays with unique points of view, LGBTQ perspectives, smart articles with original reporting, and illustrations.
- All kinds of topics are welcome. You can write about Dolly Parton's sequins, female Olympians, or your grandmother's pie recipe.
- They especially love pieces that highlight creativity, dream jobs, body positivity, learning to be an adult, friendship, the weirdness of relationships, and learning how to work through tough times—writing that creates a "we're all in this together" feeling.
- They do NOT want fiction, poems, or plays.

Payment: No payment, but you'll get exposed to a sizable readership / fanbase. Hello Giggles has over 2 million fans on Facebook and over 240,000 on Instagram as well.

How to get in touch: Send an email to [pitches@hellogiggles.com](mailto:pitches@hellogiggles.com) and include a brief (one paragraph) description of who you are and what kind of writing you do. In the subject line of your email, write a very short description of the idea you have for an article, like "What Gilmore Girls Taught Me about Friendship" or "Story about body image and feminism."

If you already have a draft of your article, you can attach that as well. For more instructions, go to: <http://hellogiggles.com/contact>

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #16. HEY LITTLE REBEL

"Lifestyle, food and fitness blog for chicks who weren't made from a cookie cutter."

Website: <http://heylittlerebel.com>

What they're looking for:

- Articles on all kinds of topics: friendship, girl power, self-improvement, style, beauty, food, fitness, body-positivity, dating, relationships, and career. Rebellious, unconventional opinions are welcome!
- Examples of some pieces they've published: Loving Your Body Through Your Fitness Journey, Why I Made The Switch To Organic Beauty And How You Can Too, 10 Tips To Overcome Emotional Eating, 7 Ways To Get Over Heartbreak.

Payment: No payment, but you'll get exposed to a sizable readership / fanbase. Hey Little Rebel has over 20,000 fans on Facebook and over 13,000 on Instagram.

How to get in touch: Reach out through their online application form.

Follow the instructions here: <http://heylittlerebel.com/write-for-us/>

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #17. KIND OVER MATTER

"The kindest community on the internet! We are here for you and aim to provide a safe space to share your stories. Sink into our heartwarming and inspirational content, designed to make you feel positive, mindful, lighter, braver, and most definitely loved."

Website: <http://www.kindovermatter.com/>

What they're looking for:

- Stories about random acts of kindness.
- Stories about letting go, change and overcoming challenges.
- Stories about love—all kinds of love. Loving yourself, loving your body, falling in love, creating a career that you love.
- Stories about important social issues, including personal stories and opinions about bullying, racism, diversity, and discrimination.
- While their main focus is written articles / stories, they also accept poems and videos (2-12 minutes long).

Payment: No payment, but you'll get exposed to a sizable readership / fanbase. Kind Over Matter has over 21,000 fans on Facebook, 60,000 monthly website visitors, and 130,000 page views per month.

How to get in touch: Send an email to [KOMWriting@gmail.com](mailto:KOMWriting@gmail.com) and briefly describe your idea for the article you'd like to write. You should also include a 2-3 line bio and a 150-200px wide photo of yourself. Before you send off your email, read all of the detailed instructions here:

<http://www.kindovermatter.com/about-this-community#write>

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #18. LITMAG

"LitMag is a print journal of fiction, poetry and nonfiction, a home for established, emerging and unknown writers. We seek work that moves and amazes us. We are drawn to big minds and large hearts."

Website: <http://litmag.com>

What they're looking for:

- All kinds of things, and all kinds of topics! They accept short stories, novellas, nonfiction, essays on literature, art, and culture, and poems.
- They accept pieces for their print magazine (which comes out twice a year) as well as their online magazine. They request that you submit one story or essay at a time, or up to five poems.

Payment: Typically \$250 - \$1000 per piece.

How to get in touch: Check out the specific guidelines here:

<http://litmag.com/submit/>

Then submit your work using the online application here:

<https://litmag.submittable.com/submit>



# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #19. MAMALODE

"A parenting magazine that focuses on a different theme each month. Mamalode is filled with stories, poems, playlists, slideshows, reviews and great people."

Website: <http://mamalode.com>

What they're looking for:

- Mamalode announces a new theme each month—like "Girls" or "Surviving Toddlers and Teenagers"—and they love receiving pieces written in response to that theme. They accept pieces that aren't related to the monthly theme, too.
- They love essays, lists, resources, book reviews, photography, and funny quotes ("things that kids say").
- You don't have to be a woman—or a mom—to write for Mamalode. They accept submissions from moms, dads, kids, grandparents, aunts, uncles and friends. If you've got something related to "parenting," they're interested in hearing from you!

Payment: Your payment can range from \$0 - \$50. It depends on how many people read your piece in the first 30 days that it's online.

How to get in touch: Check out the specific guidelines here:

<http://mamalode.com/write-for-us>

Then reach out using the online application here:

<https://mamalode.submittable.com/submit>

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #20. MINDBODYGREEN

"Our mission is to revitalize the way people eat, move, and live!"

Website: <http://www.mindbodygreen.com/>

What they're looking for:

- Articles on healthy living, wellness, mindfulness, and personal growth—including personal essays about major transformations, actionable tips to improve health, happiness, relationships, parenting, communication, beauty routines, and nutrition, recipes, and articles with specific yoga sequences or fitness routines.
- If you're submitting a recipe or a yoga / fitness routine, they'd also like you to include a few photos—ideally taken in natural lighting, with a clean, minimalist look.
- If you're making health claims, they require sources to back up your claims. You can link to statistics, studies, peer-reviewed scientific papers, academic journals, and / or credible news outlets.

Payment: No payment, but you'll get exposed to a sizable readership / fanbase. MindBodyGreen has nearly 380,000 Instagram fans and about 12 million website visitors per month.

How to get in touch: Read all of their instructions / guidelines here: <https://www.mindbodygreen.com/contribute> Then send an email to [submit@mindbodygreen.com](mailto:submit@mindbodygreen.com). Paste your entire article—with a working title—into the body of your email. Attach photos. Also, include a short bio (120 words or less) and a headshot.

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #21. THE MUSE

"A daily publication offering expert career guidance [...] and a behind-the-scenes look at job opportunities with hundreds of companies."

Website: <https://www.themuse.com/>

What they're looking for:

- Articles from career experts—career coaches, hiring managers, talent recruiters, established business owners—and other experts who can provide career-related guidance, like therapists and personal stylists.
- Articles with a fresh, interesting perspective that readers haven't heard a million times before. And articles with a fun, fresh, and conversational tone of voice. Not "scholarly" or "academic."
- They also love articles that are highly specific. For example, they'd love to publish a super-specific piece like "42 Resume Dos and Don'ts Every Job Seeker Should Know," but they'd probably say "No thanks" to something titled: "How To Write A Great Resume."

Payment: No payment, but you'll get exposed to a sizable readership / fanbase. The Muse has about 5 million readers per month.

How to get in touch: Read all of their instructions / guidelines here:

<https://www.themuse.com/contribute> Then send an email to [editor@themuse.com](mailto:editor@themuse.com) with the following subject line: DAILY MUSE PITCH: [Story Idea].

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #22. SHARPHEELS

"SharpHeels is a career, fashion and lifestyle website for professional women. Our contributors are female business leaders, entrepreneurs, consultants, designers, etc. who are excited to share their experiences and expertise with other women."

Website: <http://sharpheels.com>

What they're looking for:

- Articles on career, fashion, travel, and entertainment geared towards working / professional women, entrepreneurs, and leaders.
- Examples of some pieces they've published: The Age of Women Entrepreneurs, Dress Up Your Image, Your Job Search Strategy, Travel Like A Boss Lady, Lessons From Mindy Kaling.
- They want regular contributors who can submit new articles weekly, bi-monthly, or monthly.

Payment: No payment, but you'll get exposed to a sizable readership / fanbase. Your writing will be shared in the SharpHeels newsletter, on the SharpHeels website, and on social media channels. SharpHeels has over 15,000 fans on Instagram and a growing Facebook presence, too.

How to get in touch: To become a SharpHeels contributor, apply here: <http://sharpheels.com/contributors/> Note: You'll need to sign a legal agreement in order to apply. You can terminate the agreement at any time—and stop writing for SharpHeels whenever you want to—but nonetheless, it's a legal agreement, so... read the fine print!

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #23. THE SUN MAGAZINE

"The Sun is an independent, ad-free magazine that for more than forty years has used words and photographs to evoke the splendor and heartache of being human. Each monthly issue celebrates life, but not in a way that ignores its complexity [...] The Sun's pages explore the challenges we face and the moments when we rise to meet them."

Website: <http://thesunmagazine.org/>

What they're looking for:

- Essays, short stories, interviews, poetry, and photographs covering a wide range of topics.
- They especially love personal stories, and they also like provocative pieces on political and cultural issues.

Payment Info: Typically \$100 - \$2,000 per piece, plus a complimentary one-year subscription to The Sun.

How to get in touch: Read these instructions and guidelines:

[http://thesunmagazine.org/about/submission\\_guidelines/writing](http://thesunmagazine.org/about/submission_guidelines/writing)

Then, click the link of that page to complete their online application form.



# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #24. UPWORTHY

"Upworthy is on a mission to change what the world pays attention to. We believe that stories about important issues can and should be great stories —stories for everyone, stories that connect us and sometimes even change the world. Because we're all part of the same story."

Website: <https://www.upworthy.com>

What they're looking for:

- They're looking for emotional, honest stories that make readers feel surprised, happy, inspired, motivated, even sad. Stories that open people's eyes and change minds and hearts.
- They accept short articles (typically 500 words or less) and videos.
- Examples of some pieces they've published: 6 Ways To Help A Friend Or Loved One Who May Be Suicidal, 8 Photos That Flip The Script When It Comes To Stereotypes About Black Women, and Firefighters Are Killed Every Year By Wildfires. These Scientists Want To Change That.

Payment Info: Rates are not publicly stated online, but they say you'll "be paid at a fair base rate with traffic and distribution bonuses."

How to get in touch: Read these instructions and guidelines:

<https://www.upworthy.com/pitch-us>

Then, click the link on that page to complete their online application form.

# PUBLICATIONS THAT WANT TO HEAR FROM YOU!

## #25. WILD SISTER MAGAZINE

"Wild Sister is for women who want to love themselves, follow their bliss and change the world. It's for women who want to kick self-doubt and negativity to the curb and start being their own heroes. But mostly, it's for women who simply want an extra dose of sweet self-love, electric inspiration and soulful sisterhood in their daily lives."

Website: <http://wildsister.com>

What they're looking for:

- There's a new theme for each issue of the magazine—themes like "Grounding," "Grace," "Intuition," and "Goals and Dreams." They want to receive articles, interviews, videos, poetry, artwork, and photography created in response to one of the monthly themes.
- They're all about feminine power, spirituality, and alternative healing. If you want to write about crystals, chakras, or yoni eggs, this is your place!

Payment Info: No payment, but you receive a free copy of the issue you're published in.

How to get in touch: Read these instructions and guidelines:

<http://wildsister.com/contribute/> Then send an email to [submit@wildsister.com](mailto:submit@wildsister.com). Mention which upcoming issue / theme you're submitting for. Write a few sentences to introduce yourself, and briefly describe what you'd like to write about. Do NOT paste a fully-written article into your email— just include a quick description of your idea. If they're interested in seeing more, they'll let you know!

# SAMPLE EMAIL - REACHING OUT TO A PUBLICATION

Let's say you discover a publication you'd like to write for—like a magazine, website, or blog. You search to find their "Submission Guidelines." But you don't find anything. Or the guidelines are pretty vague. You can find an email address to get in touch, but not much else. Hmm. Now what?

We recommend sending a quick email that goes something like this:



Hey [Person's name],

My name is [Your name]. I'm a [describe your job title, profession, or vocation] based in [city where you live].

I'm writing today because I stumbled across an article on [name of website] called [title of that article]. I loved it!

After reading that article, I had an idea for a follow-up piece that your readers might enjoy. It would be titled something like: [potential title], and I'd discuss [briefly outline what you'd be saying in your article—like the main questions you'd raise, the main points you'd touch upon, or the big message you want to share].

Does that topic interest you? And are you accepting submissions from writers right now? If so, let me know, because I'd love to contribute that piece for your consideration.

Thank you!

[Your name]

PS. You can learn more about me here: [link to your website]

PPS. You can see a few pieces of my writing here: [link to your blog or some other place where they can get a sense of your writing style]

# SAMPLE EMAIL - REACHING OUT TO A PUBLICATION



You can personalize this email however you want. You can make it funnier, shorter, you can insert a GIF, or a link to your webTV series—anything you want! Just keep it brief and upbeat.

If they're interested, they'll email you back, and then you can send the fully-written piece for their consideration. Hooray!

# SAMPLE EMAIL - REACHING OUT TO REQUEST AN INTRODUCTION

Let's say you discover that someone you know has a publishing connection. Maybe your best friend's boyfriend works at BuzzFeed. Or your mom's Pilates instructor has written a few articles for MindBodyGreen. Or one of your longtime Instagram friends writes for HuffPo. Or you hired a career coach and it turns out, she writes for The Muse.

You can ask that person if they'd be willing to introduce you to someone at that publication. They might say "Yes." They might not. Either way, if you ask politely, in a "no pressure" kind of way, there's no harm in trying.

We DON'T recommend doing this with someone who's a complete stranger, or a semi-stranger. You can ask friends for favors, of course. But don't email that blogger you've followed for years (who doesn't know you at all) to ask for a big favor.

"Hi, we've never met, and you don't know me at all, but could you introduce me to your literary agent please?" Yeah. Please don't do that. That's just going to create an awkward, uncomfortable situation for both of you.

Stick to your circle of friends, family, classmates, and colleagues. If you look through your entire contact list, you'll realize that you know A LOT of people—and some of those people might be totally willing to help you out.

We recommend sending a quick email that goes something like this:

# SAMPLE EMAIL - REACHING OUT TO REQUEST AN INTRODUCTION

“Hey [Person's name],

I don't know if you know this about me, but... I'm a writer! [Or: I recently started writing again! Or: I'm taking a really inspiring writing class right now, and I'm looking for places that might want to publish my work!]

I know you've written some things for [name of publication] in the past. I'd really like to write for that publication, too. I was wondering if you'd be willing to introduce me to the editor? I'd love to pitch them a couple ideas.

No pressure on this. If you don't feel comfortable making that type of introduction, it's no problem. I just figured I'd ask. :)

I hope you're having a beautiful day so far!

Thank you!

[Your name]

You can modify this email however you want. If possible, it's always nice to kick things off with a personalized touch—like saying, “It was so good to bump into you at yoga class last night!” or “First off, here's that banana bread recipe I promised to send you!” or “How's Kevin doing in his first semester at college?” Keep it friendly and upbeat. And it goes without saying... be a generous friend.

# SAMPLE EMAIL - REACHING OUT TO REQUEST AN INTRODUCTION



It's fine to ask friends for favors occasionally, but make sure you're opening doors for them, too. Nominate a friend for a small business award. Send your friend a link to a job that could be perfect for her. Buy a ticket to your friend's show. Make a donation to your friend's 5K race fundraiser. Leave a comment on your friend's latest blog post. Download your friend's podcast and leave a 5-star review. Show up for your friends—and they'll show up for you, too.



# THANK YOU!

## THANK YOU!

Thank you for reading this book! We hope you enjoyed it—and we hope you found at least one idea that made you think, “Ooh. I could reach out to that publication,” or “Hey, I could totally try that!”

## CREDITS

This workbook was created by [Alexandra Franzen](#) and [Susan Hyatt](#). It was designed by [Dusti Arab](#). And it was downloaded and read by... you!

## WANT MORE?

Alexandra and Susan run an online writing class called DIG DEEP. You can check out the details and sign up [here](#). There's no cut-off date, which means you can sign up and start the class anytime. (Although... why wait? :)

DIG DEEP is a class that focuses on the emotional side of writing—how to stop doubting yourself, how to stop procrastinating, how to release perfectionism, how to deal with criticism and rejection, and how to stay motivated to keep going—even when it feels like “nobody cares” and “nobody is noticing” your work.

DIG DEEP is fresh, inspiring, and unlike pretty much every other writing class out there. The class includes tons of writing tips, of course, plus... a hilarious dance break featuring a Broadway choreographer, goofy sexy jokes, live Q&A sessions with your instructors, and from time to time, we do prize giveaways to reward your hard work. We keep it FUN!

Feel free to join us! We'd love to welcome you into the class!

<https://shyatt.com/dig-deep/>

# THANK YOU!

“I am IN LOVE with DIG DEEP! For 4 years I've been struggling to write a book, and in less than 3 weeks my writing life has completely transformed. So many amazing tips! I've been writing every day before work for a 1/2 hour at the Starbucks next to my office. And I finished my very first article ever. It's DONE. All of this is to say... thank you!" -Jen Mallinger

QUESTIONS? ISSUES?

Did you notice a typo in this workbook? A link that doesn't work anymore? Something that's out of date? Any other problem? Or, have a question about signing up for DIG DEEP? Please let us know! Send an email to [support@shyatt.com](mailto:support@shyatt.com). Thank you so much.

HAPPY WRITING!

HAVE AN EXCELLENT DAY!

Susan & Alex