



# Self Improvement Magazine Writer's Guidelines

**Attention Writers, Authors, Speakers and Experts!** Looking for a place to publish your manuscript? Self Improvement Magazine is a great place to share your expertise with a global audience. Make a difference in the self improvement community. Requirements are simple and the possibilities are endless. Call or write today for a copy of the guidelines or visit our website at [www.SelfImprovementMag.com](http://www.SelfImprovementMag.com).

## About Self Improvement Magazine

Self Improvement Magazine is a print magazine, distributed nationally to bookstores, cafes, restaurants and mailed to subscribers / potential subscribers. Our demographics consists primarily of managers, human resource professionals, teachers, small business owners, entrepreneurs and self improvement enthusiasts. Our tagline is, "Practical Advice for Life Success." In that regard, we are looking for highly-practical self improvement advice that our readers can use right "out-of-the-box." Please note that Self Improvement Magazine is NOT a therapy or self-help publication and we do not want articles that are focused on therapy, mental illnesses or depression. We adopt a coaching approach to the advice that we offer our readers and it's geared for health individuals who want to get from where they are to where they want to be in the future.

## Topics

Self Improvement Magazine covers a wide range of subject matter. Here is are the main categories in our publication:

Success Strategies	Building Superior Relationships	Time Management
Productivity	Personal Development	Life Purpose
Health and Vitality	Problem Solving	Goal Setting
Leadership Strategies	Creativity	Communication

## Word Count

We accept articles from 850 -3000 words, but we prefer articles in the 1000-2500 range.

## Style

As our tagline suggests, Self Improvement Magazine is looking for articles that present highly-practical advice for life success. We believe that knowledge alone does not produce results. We believe in immersion learning where the knowledge must be rapidly applied by the reader in order to bring about positive change. Therefore, we are looking for articles that are clearly written and offer the reader "action-steps" that they can implement to integrate the knowledge into their daily lives. We highly encourage new writers to purchase a subscription of Self Improvement Magazine and get to know the format and content of the magazine prior to submitting an article for consideration in a future issue.

## Where to Submit Your Completed Article

Please DO NOT send paper-based manuscripts for consideration. All submissions MUST be in electronic format. Email submissions are encouraged. Email to: [info@SelfImprovementMag.com](mailto:info@SelfImprovementMag.com). You may insert your text into your message or send a **word** document as an attached file. Be sure to include your name, address, phone number, a brief bio and a print-quality profile of yourself (300 dpi). Your bio and photo will be published at the end of your article. Your bio may include your web address and contact information. Note that submission of your bio is REQUIRED. An author photo is optional, however, article consideration will be heav-



ily weighted on those submission that include author photos.

\*\*Be sure to include your name, address, phone number, fax number and email address when you submit your work.

If you prefer, you may send your submissions (in MS Word only) on diskette or CD to:

### **Self Improvement Magazine**

Editorial Department  
7982 Westbury Avenue  
San Diego, CA 92126 USA

Or via email to:  
info@SelfImprovementMag.com

### **When to Submit an Article**

<b>Issue</b>	<b>Article Deadline</b>
Winter Jan/Feb/Mar	January 15
Spring Apr/May/June	April 15
Summer July/Aug/Sept	July 15
Fall Oct/Nov/Dec	October 15

### **Additional Considerations**

- If you were invited to write a specific article, you will be emailed a proof of your article along with an authorization to publish form. You must return this submission form to us via fax to 760-466-7564 in order for your work to be published.
- Self Improvement Magazine staff members are unable to respond to queries about submissions over the telephone. Please do not email or call to check on the status of your work—we'll notify you when a final decision regarding publication has been made. At that time, you will be notified of the Issue in which your work will appear.
- If your work has been published previously, note the date and publication. If you are sending this work simultaneously to another publication, please let us know this, too.
- Self Improvement Magazine reserves the right to edit manuscripts for style, length, clarity, content and philosophical considerations.
- Self Improvement Magazine sometimes holds articles for consideration in later publications. Thank you for your interest in Self Improvement Magazine. We truly appreciate you and your unique talent!