

# Conjuring Clarity - Anticipating Blocks + Obstacles

I once heard a marriage counselor say that the best way to prevent divorce is to plan for it. The same is true of writing a book – or committing to any other big life goal.

The purpose of this **Anticipating Blocks + Obstacles Worksheet** is to help you envision and anticipate every possible obstacle – whether it be a daily obstacle, a life obstacle, or an inner obstacle – **even the positives!** Anything that might interfere with you getting your book written (E.g. Celebrating your friend’s new job). It’s all about having back-up plans.

The worksheet has three sections: Daily, Life, and Inner. In the first column, record every situation/event/occurrence you can think of. In the second column, record the best solution/response to each. And in the third column, record a follow-up solution/response in case your first solution/response doesn’t work. For example:

Situation/Event/Occurrence - DAILY	Solution/Response	Follow-up Solution/Response
I want to go back to my old habit of sleeping in on Saturday even though I’ve planned to write from 8-10am.	Go to bed earlier on Friday night and go out on Saturday nights instead (my reward for working on my book).	Find (or create) a writing group that meets on Saturday morning to give me accountability OR get up an hour earlier during the week.

Situation/Event/Occurrence - LIFE	Solution/Response	Follow-up Solution/Response
My friend invites me out to celebrate her new job on a Wednesday evening, and that’s the time I’ve designated to write.	Show up a little late to the celebration and still get my writing done OR block out two hours on my calendar on the following evening after the kids go to bed or on Saturday morning – because the kids are with their dad.	Block out two hours on my calendar on Saturday night after the kids are in bed (because their dad got called out of town, unexpectedly, and they had to come back to my house on Saturday morning).

Situation/Event/Occurrence - INNER	Solution/Response	Follow-up Solution/Response
I’ve come to a place in the story that implicates a family member, and I’m worried about hurting their feelings or disrupting our relationship.	Remember that everything can be changed and writing the first draft is for me and me alone.	Read Ann Lamott’s book, <i>Bird by Bird</i> about writing from real life.

**DAILY**

Situation/Event/Occurrence	Solution/Response	Follow-up Solution/Response


**LIFE**

Situation/Event/Occurrence	Solution/Response	Follow-up Solution/Response


**INTERNAL**

Situation/Event/Occurrence	Solution/Response	Follow-up Solution/Response


**Awareness is everything.**

