

Conjuring Clarity – Your Support Systems

This **Conjuring Clarity Support System Planner** is designed to help you add another layer of insurance to staying committed to your book. We all – hopefully – have people in our lives who want to see us shine. And we’ve adopted practices and activities that ground and center us when life starts to feel unwieldy.

Use this worksheet to record everyone and everything you can think of that will help you stay focused on your book.

This worksheet is broken down into four sections: Support People, Support Activities, Support Practices, and Support Sources.

Here’s an example.

Support People	Support Activities	Support Practices	Support Resources
My friend, Julie – because she knows how important my book is to me. She’ll remind me of how capable I am when I doubt myself, and when she invites me out to celebrate with her, she’ll understand that I might need to show up later than everyone else so I can get my writing done for the day.	Taking a walk or going on a hike – because when I’m outside, especially in nature, all the noise of life disappears, and I remember what’s important. It also grounds me so I can focus, and it encourages my creativity.	Meditating – because it always calms me and puts me right in the moment. Taking a hot bath – because it grounds, centers, and calms me – makes me feel nurtured. And when I feel nurtured, I’m reminded how important my contribution to the world (my book, for one) is.	Reading <i>Bird by Bird</i> by Ann Lamott – because it’s an excellent and humorous book about writing and always reminds me how possible it is to write a book. Listening to <i>The Writer Files</i> podcast because it inspires me and reminds me that there are many ways to approach writing.

Support People	Support Activities	Support Practices	Support Resources

You have help in the world. You can do this.

