

# Conjuring Clarity – Creating Your Space

Use the table below to help you create your writing space. Treat it as a sacred space that's only meant for you.

1. Fill out the left-hand column in great and explicit detail. Spare nothing. List everything you want in your dream writing space, inside and out.
2. Fill out the right-hand column in great and explicit detail. Spare nothing. List everything you see around you, inside and out.
3. Use the center column to record similarities (in one color ink) and differences (in another color ink). Find realistic and affordable ways you can make changes, omissions, and additions to come as close to your dream writing space as possible.

## Getting Real / Getting Creative

Characteristics of Your Dream Writing Space		The Reality of Your Current Writing Space


## Objects and Talismans

Make a list of objects and talismans that bring your comfort and joy. These can be anything from crystals and candles to a favorite sweater or coffee cup to pens and notebooks that feel out of the ordinary – special in some way.

Make an exhaustive list of these types of items below and determine which ones are essential to creating a sacred space – a sanctuary to set the tone for your writing – every time you sit down to write.

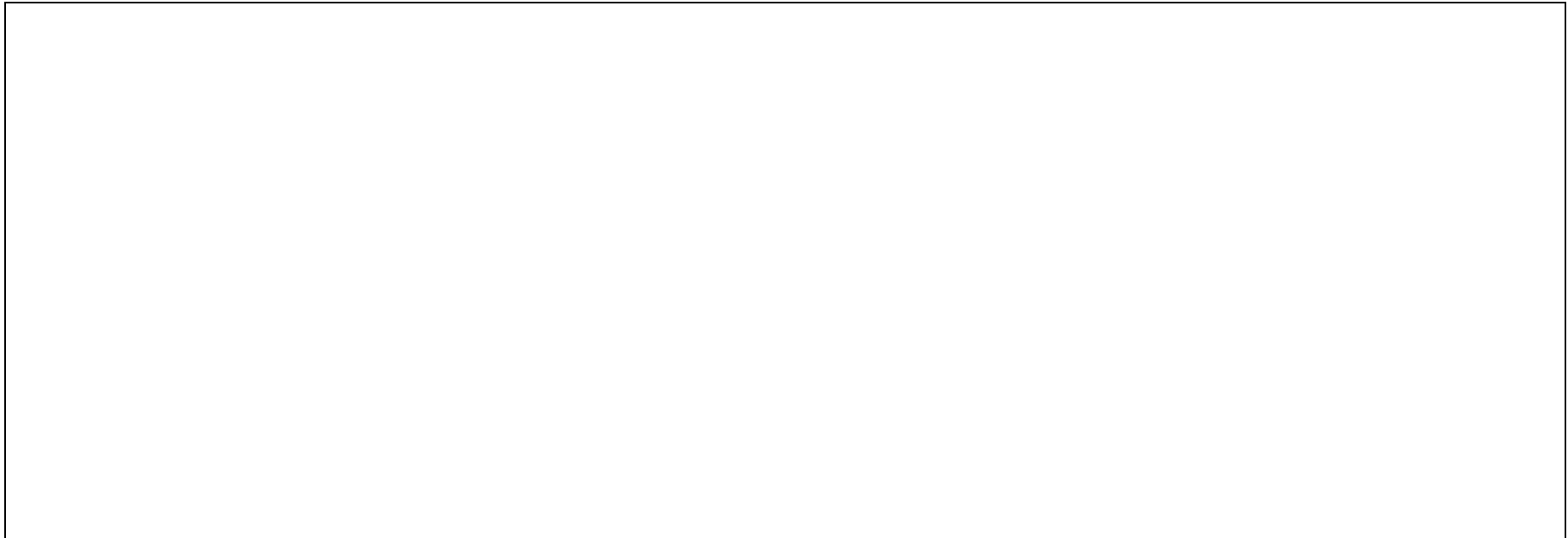
A large, empty rectangular box with a thin black border, intended for the user to write their list of objects and talismans.

## Writing Ritual

It also helps to have a ritual before we write. This lets our brain know that it's time to shift our minds, attention, and psyches into writing mode. Each time we do the ritual, the synapses that send the "hey, it's time to write" signal to our brains becomes more embedded, so each time we do it, it happens faster.

Also, the more often we do it, the sooner the embedding happens, which is why many people swear by an every-day writing practice. This ritual can be as elaborate as lighting a candle and meditating for several minutes or doing some sort of body-awareness activity (yoga or a walk, for example) or as simple as making a cup of coffee or tea and sitting down in your space.

Use this space to think about what you want and need to get your WHOLE self in writing mode. Use this as a brainstorm to create the ritual you will use every time you sit down to write.

A large, empty rectangular box with a thin black border, intended for the user to brainstorm and write down their personal writing ritual.





