

Conjuring Clarity – Commitment Ceremony Planner

Now that you've have the support of the people closest to you, it's time to plan your commitment ceremony.

Please treat this as a serious commitment, as you would to a person you love. Do your best to imagine your writing practice as a living, breathing entity in your life that needs your attention, focus, and care. This is the only way it can grow and flourish.

If you had a plant, you would know that you wouldn't expect the plant to grow on its own with you checking in on it whenever it was convenient or whenever you felt like it. You would know that the plan would need regular attention and tending to be its best, its healthiest.

Step 1

Where will you perform your commitment ceremony? *Choose a space that has meaning for you. Will it be in your intended office/writing space, or will it be somewhere else, like at the coast, in the mountains, or another space that feels special to you?*

Step 2

When will you perform your commitment ceremony and how long will it last? *Conduct your ceremony alone on a day and time you know you won't be interrupted... Unless you know people in your life who will be behind your vision and goal 100% and **understand that they may need to make adjustments in their expectations of you** – and you're comfortable having these people in the room with you. Be sure to add in some buffer time on either end of the ceremony to allow yourself time to get fully in the space and intention, then come fully out of it.*

Step 3

What will you need for your ceremony? *Will you write a few words that you'll recite? Will you use a candle and other items/objects that have meaning and/or bring you comfort? Ideally, these will be items that will be on your desk/writing space.*

Step 4

Perform your ceremony. Set a clear intention before you go that your focus will be on you and your commitment. During the ceremony, give it your full and earnest attention, then take your time easing back into “regular life.”

