



# Bloom



ROOTS  
AND  
BRANCHES

## Healthy boundaries worksheet

Setting healthy boundaries is a key to creating consistent, nourishing space for our writing practice. I refer to boundaries as soft moss rather than steel doors: These healthy boundaries lets through the nutrients you need but filters out that which you don't want.

Boundaries are an opportunity to notice what's not working for us as well as what is, and in finding that clarity we can articulate our needs and expectations to others. Boundaries are a way to say "yes" to the time and space they protect, and for others to support you in that. Rather than throwing a boundary around a whole person or situation and alienating yourself, boundaries simply say "not right now" and let you turn your attention back to your writing with greater ease.

Of course, toxic people, toxic workplaces, etc. absolutely should have big, impenetrable boundaries around them and/or be released from your life, but this method will be great for all other kinds of boundaries (e.g. a partner who interrupts you while you work, a friend who calls during your writing time, or your own digital boundaries with yourself).

This works for internal distractions, too: checking your phone or email during writing time, for example. Just as others get used to your boundaries when you set them regularly (and setting them gets easier for you), your own boundaries with yourself become clearer and more helpful the more often you set and enforce them. And when you regularly spend in focused writing, it becomes easier to spend more and more time focused on your writing as time goes on.

I also include a couple questions at the end here to help you think about energetic boundaries, as well as boundaries with others and with yourself.

This worksheet is here to help you start to think through the boundaries your writing time is asking for, so you can say yes to your regular writing practice.

**What does a nourishing, productive writing practice look like for me? What will my writing practice look and feel like without distractions, worries, or interruptions?**

**What interruptions do I notice during my writing practice? Are there particular people who regularly interrupt my writing time? What do those interruptions look like (e.g. someone walking through a shared space and talking to you, versus opening the door of your office)?**

**What can you do to create clear, physical separation between your writing time and the rest of your life during writing sessions?**

Some examples: a folding screen or other moveable barrier in common spaces, asking your partner to watch children, hanging a do not disturb sign on your office door, communicating your writing time with partners or roommates, silencing phones or putting them in 'do not disturb' mode.

**What distractions do I notice during my writing practice? Do I pick up my phone, migrate my attention over to email? Etc.**

**What are some clear steps you can take towards reducing distractions while being gentle on yourself when they come up?**

Some examples: Setting your phone on silent and putting it away from your workspace, writing ideas in a journal rather than on your laptop, having a piece of paper nearby for jotting down 'to dos' and other distractions that come up. And remembering that you have space allotted in your routine for the other parts of your life when you worry about taking time for writing. Taking a few deep, cleansing breaths or spending a moment grounding or tree breathing when you notice distraction, before gently returning your focus to your writing.

**What scheduling conflicts arise with my writing time? Do I have a coworker or client who insists on scheduling meetings during my writing time, for example?**

### **What can I do to honor the space in my day I set aside for my writing?**

Some ideas: Boundary + redirect (see our other materials on boundaries), blocking off in your digital calendar (perhaps under a different name in a shared calendar) that matches the writing time in your routine, and treat it like any other meeting: You aren't available for other meetings during this time. If it's helpful to think of this time as a date with your writing that you honor just like a date with another person, you can do that too!

**When does my energy tend to feel pulled thin, and how does this influence the focus I bring to my writing space (for example, during certain moon cycles, or busy periods of work, or during events that feel big and scary)? What can I do to ground myself and find a feeling of safety? How can I create magical boundaries and actual ones between myself and the outside world and the energies of big moments?**

**Are there any other ideas or inspiration about boundaries that the energy of my writing, or my mind and body want me to know right now? Do I feel intuitively called to set any particular boundaries, or to try something new with boundaries? Is there anything else that can help me use boundaries to actively move towards the writing practice I desire?**

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