



# Worksheet: Protecting Your Practice

**We set our most sustainable, loving boundaries when we begin by exploring and appreciating what's actually inside of them.**

Take a few minutes and write about your creative practice: Don't overthink it, just jot down/type whatever comes to mind as it does (e.g. your style of artwork, the communities you want to help, etc.)

Focus on what really makes you passionate, joyful, and excited about what you do: There are absolutely no wrong answers!

- What is my creative practice?
- What do I love most about it?
- What gifts am I sharing with the world?
- And who do I hope to share them with?

**Next, defining what our creative practice looks like, and what we want it to look like, helps us begin to articulate where our boundaries need to go to help us reach that desired practice.**

Spend a few minutes writing about the edges of your creative practice.

Rather than thinking about what you're creating, think about the practical aspects of how creative work fits into your days. Some examples:

- What time of day do I devote to this?
- When am I at my most energized and creative? Does this overlap with the time of day I devote to my creative practice?
- What and who supports me in my creative practice: By respecting my need for space, encouraging me, etc. Are there ways they could support me further?
- What/who pulls my attention away from my creative work, or doesn't resonate with it? (expectations from a boss, for example, or a friend who always calls when you're trying to focus).
- What tends to distract me during my writing/creative time (checking social media, emails, etc.) What can I do to minimize distractions?
- Do I set my creative practice to the side to meet others' needs? What/who feels like they nourish and support my work? What or who feels like they impose upon or restrict my work?
- How often do I want to create? (15 minutes a day, 1 hour a week, 2 hours a day, etc.)
- When is my ideal time of day to engage in my creative practice? What steps can I make for my creativity to occupy at least a portion of my most energized, creative time?
- What does the ideal creative practice look like for me? When am I doing it, what does the space look like, how am I keeping my creative time separate from the rest of my life? (This is in a perfect world, so go as big as you want here in defining what the best possible creative rhythm, space, and schedule might look like for you).

- What are three steps I can take to begin to move in the direction of my ideal creative practice? (e.g. writing 15 minutes in the morning before work, putting my phone on 'do not disturb, etc. Make sure to watch the video for more ideas!)

**Now that you've had a chance to appreciate all the wonderful things about your creative work that you're protecting with your boundaries, and you've had a chance to think of where those boundaries might go, it's time to articulate your boundaries.**

Revisit the video for some specific ideas about how to do this, and remember the soft moss vs. steel doors metaphor: Boundaries are there to cushion and support your work, not slam a door in the face of everything and everyone else.

In other words, boundaries are about saying 'yes' to your creative practice, not 'no' to everything else.

Use the space below to write out at least one boundary you think is most important to start setting, now, and articulate what exactly that boundary might look like.

Repeat this process as often as you need, and remember, it's a process, so be easy on yourself!