

The Intuitive Writer's Ritual

Before Writing

What

Soothe your nervous system to open to inspiration.

When Imbalanced

Feeling stuck, blocked, critical intrusive thoughts.

What You Want to Feel

Calm, centered, lighthearted, curious.

Examples

4-7-8 breathing, vocal toning, meditation for focus.

Yours:

Writing Container

What

Ensure every session ends with success & satisfaction.

When Imbalanced

Perfection and volume are in a gridlock.

What You Want to Feel

Inner trust that every unit of time brings you closer.

Examples

Limit writing session to 60 min. or 1,000 words.

Yours:

After Writing

What

Close the portal so your body can recover.

When Imbalanced

Drained, buzzy mind, can't focus, physical symptoms.

What You Want to Feel

Grounded, energized, optimistic, eager for more.

Examples

Walk, yoga, cook, nature, physical movement.

Yours:

Ongoing

What

Practice sustained focus to train for depth and duration.

What You Want to Feel

Creative flow, discovery, no sense of time passing.

When Imbalanced

Distractions, hunger, self-doubt, inner conflict.

Examples

Distance running, silent meditation, gong bath.

Yours: