

# Making Literary Waves, *Literally*



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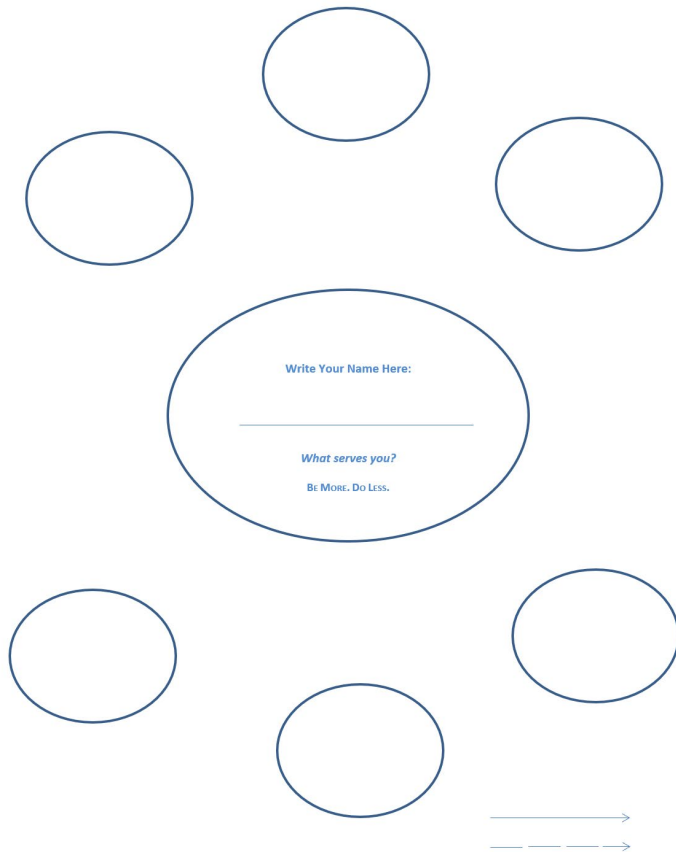
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#WRITERSWROC

# Setting Boundaries...

## What Drives You? v/s What Drains You?



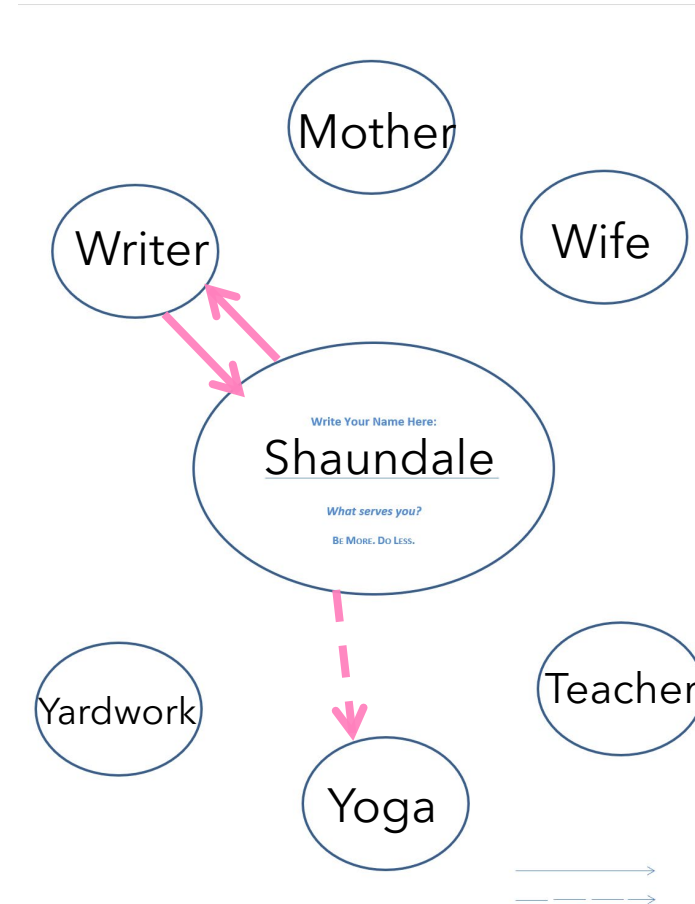
1. Take out a sheet of paper.
2. Duplicate this image.
3. Write your name in the oval.
4. Write one thing you are (do) in each circle. (i.e., Mom, Teacher, Coach, Speaker, Yardwork, Writer, Yoga, Husband, etc.) **Add add'l circles if necessary.**



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## What Drives You? v/s What Drains You?

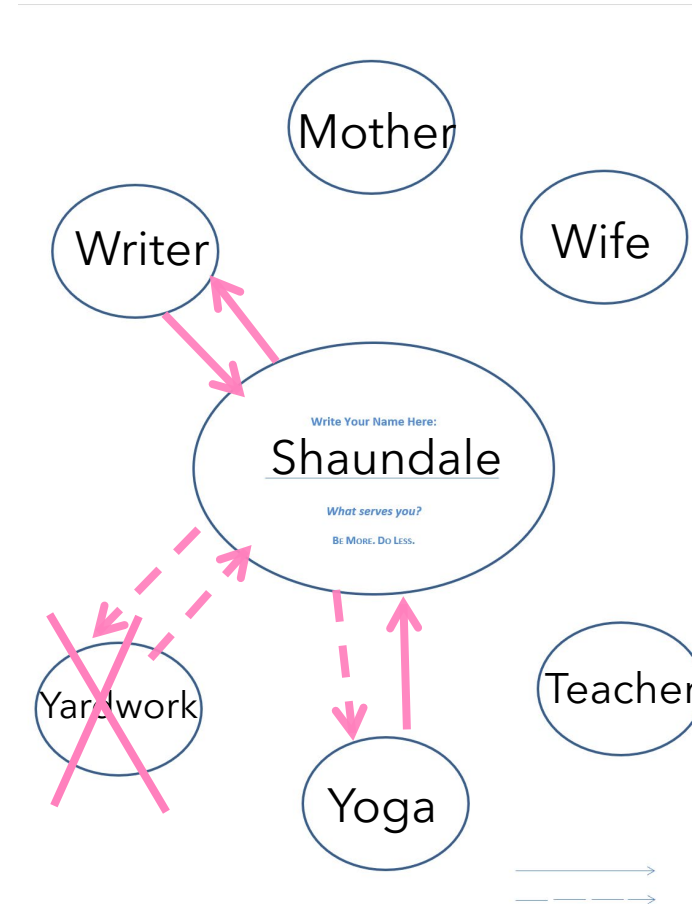
5. Draw a **solid arrow** from every activity that **fulfills you** to yourself.
6. Draw a **broken arrow** from yourself to every activity that **does not fulfill you**.
7. Draw a **solid arrow** from yourself to every activity you give your all to and get **rewarded** for.



# Setting Boundaries...

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8. Draw a **broken arrow** from every activity to yourself that gives to you that you **do not honor**.
9. Draw an X across every activity that drains you.
10. Ask yourself, **"Is this necessary in this season?"**



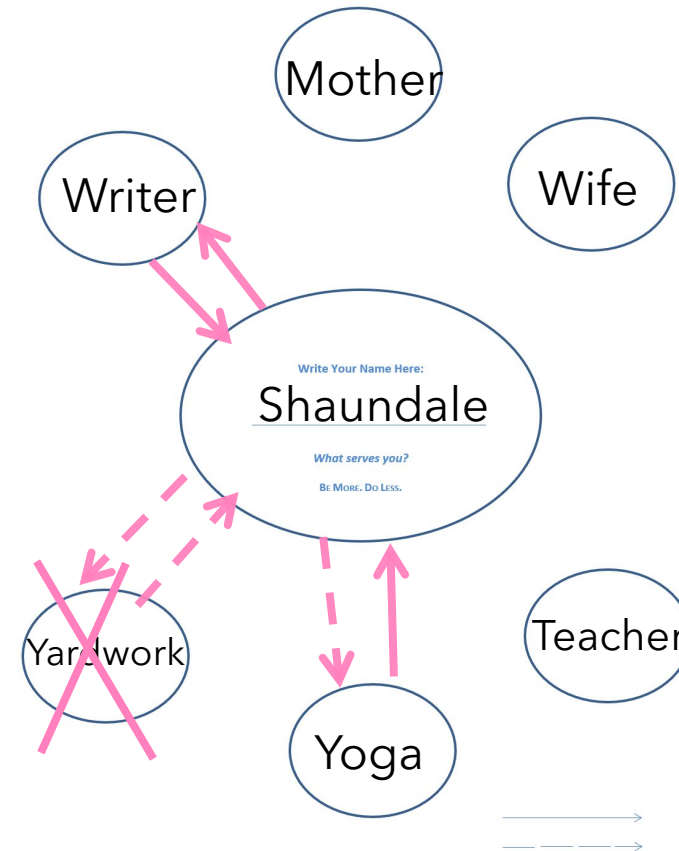
"Life isn't about what you do; it's about what you don't do. Honor yourself."

# Setting Boundaries...

## What Drives You? v/s What Drains You?

### Questions to consider:

1. Is this necessary now?
2. Can it be delegated or outsourced?
3. What will it cost me?
4. Am I willing to pay with my dreams?



"Life isn't about what you do; it's about what you don't do. Honor yourself."

