

Build the writing life you long for.

# GET CLEAR 2024





# Hello

Welcome, camerado!

I went with a cosmic theme for 2024 because I'm hoping you'll be able to connect to our collective Source of creative power as you make magic with your words this new year. **As always, my hope is that the Get Clear workbook will be a space you can return to as often as you like, a sanctuary for clarity, realignment, and rejuvenation.** I recommend printing this out, getting some solitude, grabbing your favorite pens, and having at it. A fun soundtrack and cuppa wouldn't hurt, either.

One of the things I appreciate about journaling workbooks like these is that we get to indulge our obsession with words. For me, a single word or phrase can unlock tremendous insight. Over the years, I've gone from hardcore journaling or Morning Pages to more playful explorations: writing haikus, tarot journaling, choosing a cluster of words to work with or finding a single phrase that feels powerful and motivating that I can repeat to myself like a mantra. Just like last year, **I've got a brand new 2024 tarot spread for you included in this year's workbook that focuses on the the Strength card.** According to tarot experts, this is the card for 2024 and I'm here for it. *I am strong* is a phrase I use often as I work with chronic pain. As usual, there's a NEW cache of inspirational quotes that you can use as jumping-off points for all kinds of exploratory writing. We'll also be looking at what your guiding word for 2024 might be, and the intention you have behind how you want to show up each day in and out of the writer's seat by revisiting (or trying for the first time) the Be/Do/Feel/Have Formula - my go-to for instant clarity and empowerment!

I've linked to some supportive mindfulness and meditation resources for you, as well. **For me, I find that the answers I seek are in the silence. Turns out self-compassion is there, too.** Meditation helps me connect to our collective unconscious and my own creativity and deepest needs. It turns down the volume on the world's noise. It's where the good stories live.

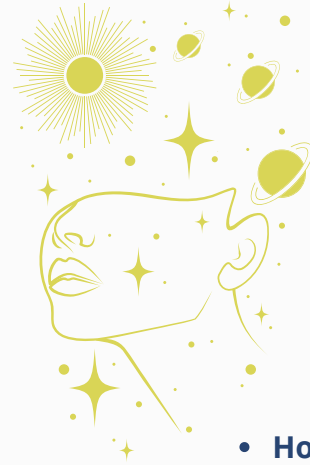
I hope that 2024 is a year of STRENGTH, connection with Source (or your word for the universe), and a deep send of self-acceptance and kindness amidst all the ups and downs of the writing life. I hope you find clarity here, as well as motivation and inspiration. **It's a painful time in the world and our creativity, curiosity, and compassion for ourselves and others is needed now more than ever. May you be happy, healthy, safe, and inspired.**

With love,

Heather



## Excavating 2023's Lessons

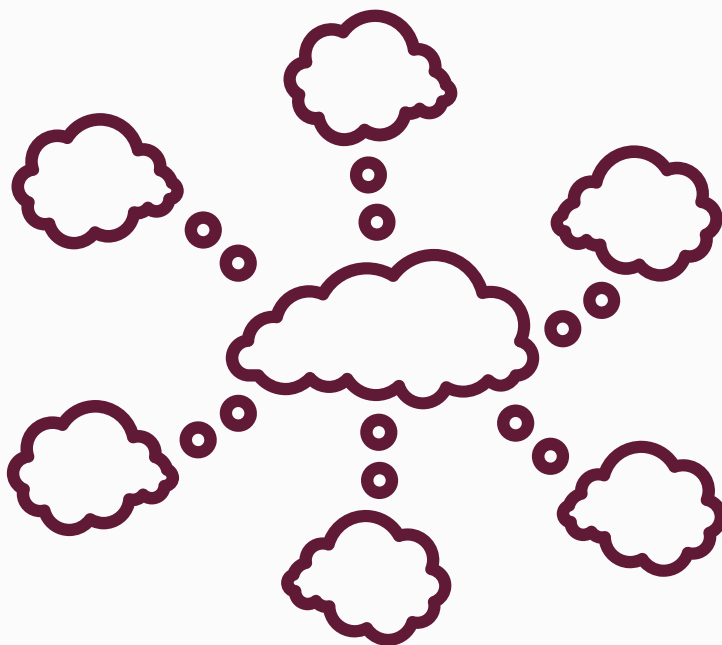
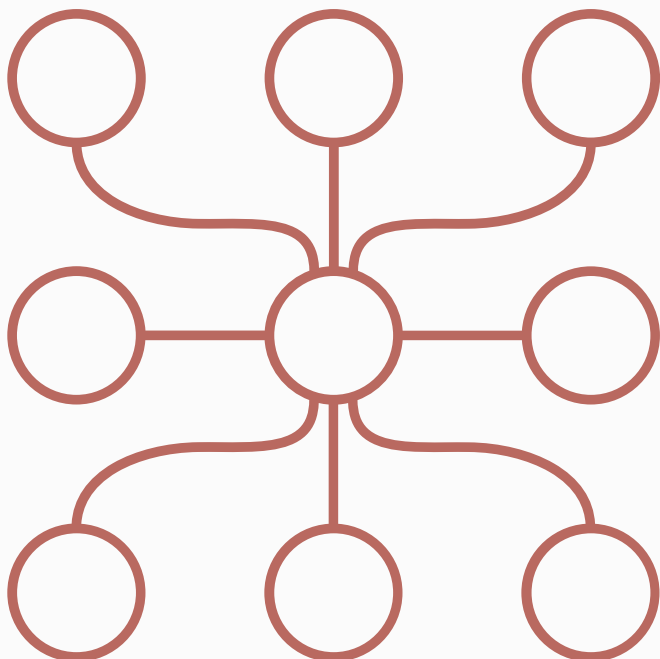
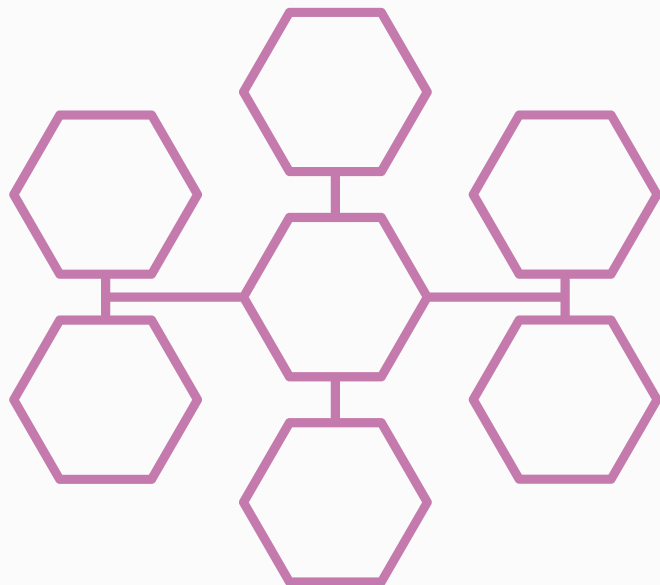
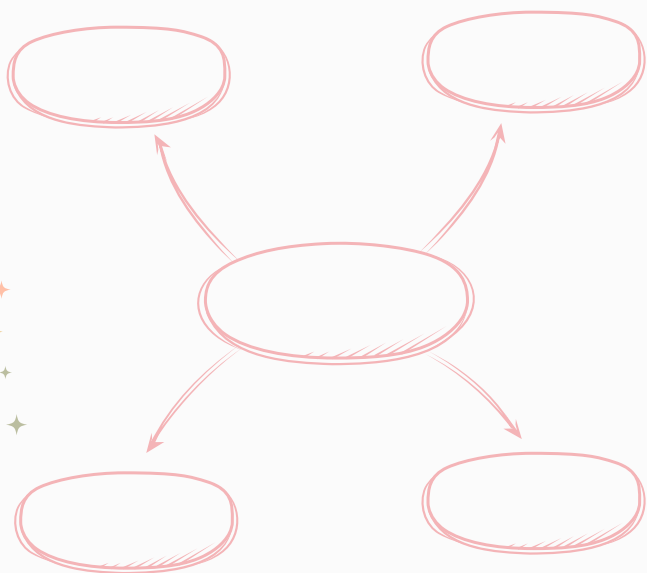


Grab a journal if you're up for diving into the following questions. Or, call up a writer friend and chat about them together. These questions are meant to help you process the learnings of this year so that you have a clear picture of where things stand right now in both your writing life and your life in general. It's all connected. **Permission to give yourself lots of grace, pats on the back, and kindness as you do this work.**

- **How did you show up this year?** Don't just think about how you behaved as a writer, but also as a person. Are you happy with how you lived in the world? Any regrets? Any missed opportunities? Anything you're particularly proud of doing or not doing?
- **How was 2023 your teacher?** What did you learn about yourself, other people, the world?
- **How was your writing your teacher?** I often think of the writing we're doing as our best teacher, coming into our lives at a particular point to teach us something about ourselves and our place in this universe through the practice itself and the work.
- **How has 2023 impacted your relationship to your writing?**
- **What tools have been useful to you this year?** Meditation, journaling, tarot, long walks, therapy....what's supported you during the ups and downs?
- **Have the events of 2023 changed the way you look at the world or your place in it?**
- **What are some of the big shifts you've made in your life, or resolved to make in your life, as a result of 2023?** How will this affect your writing and your goals as a writer?
- **If you had a word for 2023 (or resolutions), how did that inform your year?**
- **Who or what was most supportive to you?**
- **What books impacted you?** Write down your takeaways and how they were integrated into your life (or how you plan to integrate them).
- **What do you need to forgive yourself for?**
- **What or who do you need to let go of?** (I like using the words, "Bless and release." Feels good.)
- **How did you do right by the miracle?**
- **Have you written or recently looked at your writer's artist statement?** If not...[go here to get started.](#)

Rather than make resolutions, I like to choose a word to help guide my intentions for the year - how I want to show up, what I want to cultivate, what I'd like more of. If this practice resonates with you, you can use the blank mind-maps below to help guide you toward the word that fits juuuuuust right. Check out the word list on the next page and the prompts for journaling, grab a thesaurus, and focus on **how you want to feel**. This isn't about goal-setting, but rather working from the inside out. If you want to finish your book this year (for example), do you want to feel empowered, jazzed, focused, or at ease? How you go about setting up your writing practice will depend on what the feeling you want to have as you're working is.

For each of the mindmaps below, choose a word for the center. Then, dig into synonyms and other words that come up to you that are associated with the feeling you're going for. Don't settle for generalizations, or words you think you "should" choose. You might find that your words are contradictory - perhaps you want an agent, but how you want to feel is content. Cool! How do you go about getting an agent WHILE FEELING CONTENT? That's actually a pretty awesome way to go about getting an agent. Choose a word that is holistic, meaning that it will apply to all areas of your life, not just your writing. And, yes, you can reserve the right to change this word if you find it doesn't fit! **Your word of the year will keep you honest as you work to build the writing life you long for.**



# WORD LIST

**Directions:** These are just a FEW words to inspire your deeper Word-of-the-Year explorations. **Highlight the ones that intrigue you, that give you a little zing.** Then, find as many synonyms as you can for that word. Explore in the mind map, and dip into the prompts on the following page. Once you've hit on the word, have fun with it! You can get a bracelet with the word on it, put it up on post-it notes, write a haiku, create a collage for your vision board... The most important aspect of using the word is to check in with it when you have decisions to make: does this insert goal / plan / decision make you feel the way you want to feel this year? If not, then it's time to revise until you do feel the way you want to feel. See Danielle LaPorte's *The Desire Map* for a great roadmap to setting goals from a heart-centered place.

Magic	Purpose	Create
Grit	Courage	Calm
Pneuma	Energized	Appreciate
Ignite	Awake	Live
Thrive	Discerning	Simple
Flourish	Generous	Wisdom
Refuge	Stillness	Rise
Ease	Sanctuary	Tender
Strong	Powerful	Prioritize
Jazzed	Kaizen	Openhearted
Grace	Slow	Bloom
Enchanted	Steady	Joy
Fearless	Healthy	Breakthrough
Focused	Flow	Shine
Compassion	Inspired	Luminous
Daring	Peace	Soft
Adventure	Serenity	Sweet
Badass	Change	Savor
Delight	Cultivate	Acceptance
Patience	Curious	Vision
Cultivate	Independent	Peace
Here	Brave	Intuitive
Yes	Wonder	Knowing
Play	Onward	Gut
Commit	Community	Shackles Off
Presence	Luscious	Expansive
Aligned	Embrace	Clarity
Driven	Connect	Integrate
Listen	Explore	Rest
Wild	Intentional	Divine
Stretch	Vocation	Soar



# YOUR 2024 WORD EXPLORATION

- **Have you ever done one of those visualizations of a perfect day? Do that.** Go through the whole day. What happens? Where are you? How do you feel? What are you doing? Who's there? Really get into it. Write it out if you want, or speak into a voice recording app. You can also do this with a friend and take notes as you go.
- **Now, write out all the words that come to mind that describe the day.** (Hint: one just might be your word for 2024!)
- **Complete the lightning round below.** First thought, best thought! By the end of this exercise you should have everything you need to find the word that makes your heart go all zingy.

## I AM A WRITER WHO...

LOVES	
WANTS TO	
IS DRIVEN BY	
IS INSPIRED BY	
HAS A HABIT OF	
IS HAPPIEST WHEN	
BELIEVES IN	
IMAGINES	
WILL ONE DAY	
HAS THE GOAL OF	
WHO NOTICES	
IS AFRAID OF	



Click below to access the Be-Do-Feel-Have Formula worksheet. This has been one of the most powerful practices I've engaged with for getting clarity on who I am, what I'm already bringing to the table, how I feel as a result of these things that are *already in motion* in my life, and recognizing what I already have. This is how you drop your limiting beliefs and realize that you are already on the path you hoped to be on, even if it's in the smallest of ways.

The worksheet explains the formula, how it's NOT Law of Attraction, and how to go about hitting on the phrases that will offer the most support to you as you move toward your writing goals. Once you have your phrases, then - and this is important - write them down *every day*. For as long as you need to. Change them if they're not working. This is deep work that has helped me restore my sense of purpose and confidence. And we can all use a bit of that, can't we?

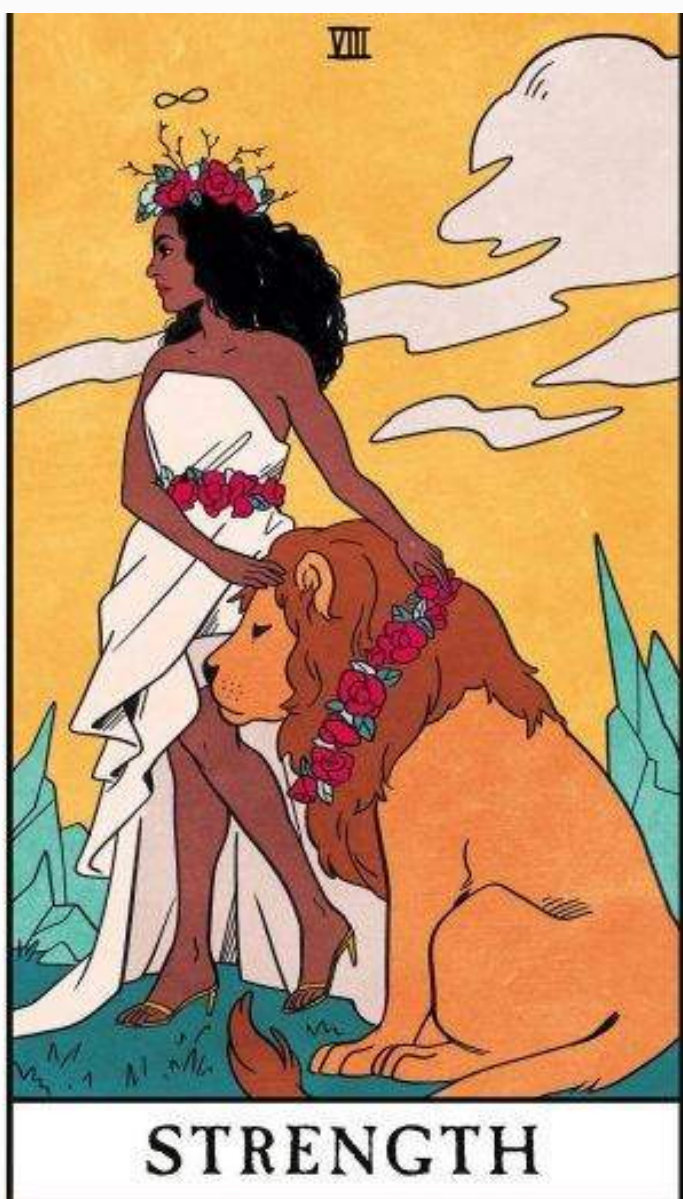
If you've already worked with this before, then take out your statements and see if they still ring true. Consider revising and working with them for a few weeks and see what happens.



One of the ways I love exploring pretty much anything in my life is through tarot. You can use an oracle or tarot deck for this spread, though I always get the most out of tarot decks. If you're not super familiar with tarot, you can check out my mini [intro to tarot for writers course here.](#)



## TAROT FOR STRENGTH



Lisa Sterle's *Modern Witch Tarot*

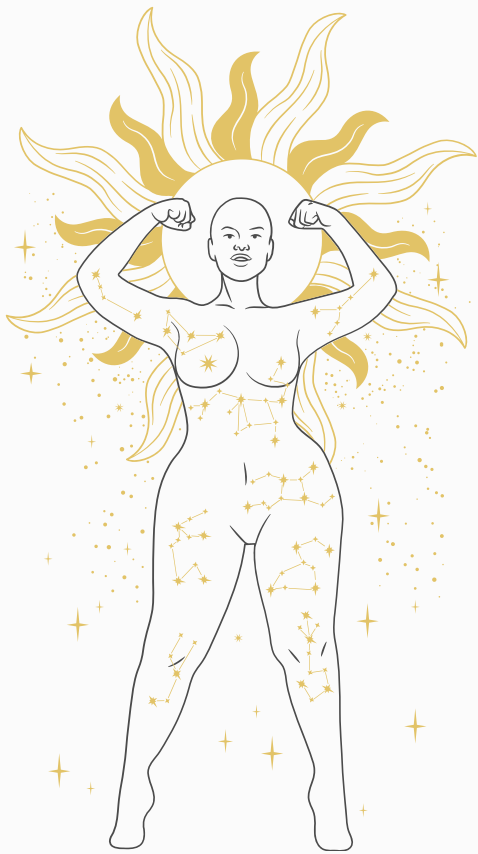
**This is an all-new tarot spread that I'm sharing for 2024.** In case you were wondering, here's how tarot practitioners figure out the Universal yearly card: Add up the numbers in 2024 ( $2 + 0 + 2 + 4 = 8$ ). 8 is the number associated with the Strength card. It's as simple as that! Here's what the card means via Biddu Tarot, a well-regarded tarot teacher, who riffs on the traditional Rider Waite Smith cards.

**STRENGTH CARD MEANING :** Strength, courage, persuasion, influence, compassion

"In the Strength Tarot card, a woman gently strokes a lion on its forehead and jaw. Even though it is known for its ferociousness, the woman has tamed this wild beast with her calming, loving energy. The lion is a symbol of raw passions and desires, and in taming him, the woman shows that animal instinct and raw passion can be expressed in positive ways when inner strength and resilience are applied. She doesn't use force or coercion; she channels her inner strength to subdue and subtly control the lion.

The woman wears a white robe, showing her purity of spirit, and a belt and crown of flowers that represent the fullest, most beautiful expression of nature. Over her head is the symbol of infinity, representing her infinite potential and wisdom."

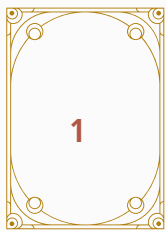




For my spread, I thought a lot about different kinds of strength, sources of strength, and areas where we might become stronger. For this spread, pull out the Strength card from your deck and set it at the top. Shuffle, then draw four cards (face down) and place them in a square. The number 4 and the square are considered stable and create a strong foundation for your work. Below are the queries for each card. You might journal about what comes up for you and consider these answers in light of this whole workbook - and your word for 2024! (**A few minutes of meditation** before this can really amplify the reading for you!)

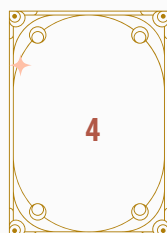


WHAT DOES **STRENGTH** MEAN TO YOU?



CARD 1: **INNER STRENGTH**

CARD 2: **OUTER STRENGTH**



CARD 3: **A SOURCE OF STRENGTH FOR YOU.**

CARD 4: **AN AREA OF YOUR LIFE TO CALL IN STRENGTH.**



# Word Medicine



Below are a few of my favorite quotes that I shared with our community of writers in 2023. I invite you to journal about them and, on the next page, add some of your own favorites. Put them in your Writer's Grimoire, a special journal where you can place words and practices and images that support you when you need some inspiration, or a good pick-me-up. **I wrote a whole post about creating one here.**

*You are not a troubled guest on this earth, you are not an accident amidst other accidents.*

- David Whyte, *What To Remember When Waking*

*Let's begin by taking a smallish nap or two.* - Winnie the Pooh

*Whatever calls you, it's always inside you. No matter what forces oppose you - nothing can stand between you and your Something Larger.* - Emily and Amelia Nagoski

*You can't use up creativity. The more you use, the more you have.* - Maya Angelou

*When the keyboard offered an incomprehensible symbol,  
I reached my hand out, as if to a Ouija board's invitation  
or a stair's polished handrail - because it was  
incomprehensible,  
because my hand could add its own oils to that railing.*  
- Jane Hirshfield, *Invitation*

*But I believe my own voice continues to be found wherever I am being present and responding from my heart, moment by moment. My voice is born repeatedly in the fields of uncertainty.*  
- Terry Tempest Williams, *When Women Were Birds*

*Remember you love writing. It wouldn't be worth it if you didn't. If the love fades, do what you need to do and get back to it.*  
- A.L. Kennedy

*In a time of destruction, create something.* - Maxine Hong Kingston

*We have to allow ourselves to be drawn out of business as usual and remain patiently on the threshold (limen, in Latin) where we are betwixt and between the familiar and the completely unknown. There alone is our old world left behind while we are not yet sure of the new existence. That's a good space where genuine newness can begin. Get there often and stay there as long as you can by whatever means possible.* - Richard Rohr

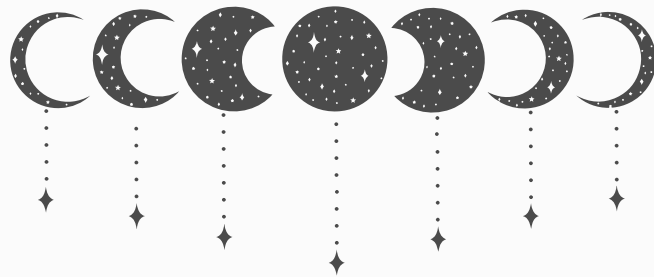
*The soul should always stand ajar.* - Emily Dickinson

*When you tell a story, the first person you must convince is yourself; if you can make yourself believe it's true, then everyone else will follow.* - Raynor Winn, *The Salt Path*

*We think that the point is to pass the test or overcome the problem, but the truth is that things don't really get solved. They come together and they fall apart. Then they come together again and fall apart again. It's just like that. The healing comes from letting there be room for all of this to happen: room for grief, for relief, for misery, for joy.* - Pema Chödrön



## Your Favorite Quotes From 2023





# WRITING CAVE

WRITE IT OUT. TELL THE TRUTH. STACK UP THE PAGES...

DO YOU WANT TO DO THE THING? SIT DOWN AND DO IT. ARE YOU NOT WRITING? KEEP SITTING THERE. DOES IT NOT FEEL RIGHT?

KEEP SITTING THERE. - Ann Patchett

## INTENTION:

DAY	IN	OUT	IN	OUT	FLOW LEVEL
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

CROSS OFF A CIRCLE FOR EACH DAY YOU MEDITATED:



WORD COUNT / PROGRESS/ WINS:

MON.

TUES.

WED.

THURS.

FRI.

SAT.

SUN.

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## HOW TO USE THE WRITER SIGN-IN SHEET

The sign-in sheet is meant to hold you accountable to the writing practice you're building. It also acts as a simple tracker.

**Intention:** At the top, you'll write your intention. This isn't for your writing goals, but rather your intention for how you want to show up to your writing practice when you're in the cave. ("Stay Curious," for example). These are words of power that keep you in alignment with your writing North Star.

**Signing In:** I got this idea from Ann Patchett's essay on writing, *The Getaway Car*, where she took on a practice of a composer friend of hers. Serious musicians practice upwards of eight hours a day. We want to get a piece of that discipline and devotion in the writer's seat.

Just as musicians have to sign in and out of their rehearsal rooms (and show up or they're out of luck), we'll be signing into and out of our writing caves. This is how we put intention and devotion into practice. Sign in at the beginning of your hour and sign out when your writing is through. If you get in an extra writing session, note that too.

**Flow Level:** Here you're going to jot down how much flow you had that day. Let's keep it simple:

**0 = Dry as a desert.** Absolutely NOTHING. (Be honest - was it really *nothing*?)

**1= A trickle.** You had a couple seconds of flow, maybe one dot connected with another. Not much to write home about.

**2= A stream.** While there may have been some stops and starts, things were moving along with your ideas and / or the writing itself. Zingy connections. Deliciousness.

**3= A gush!** Wow, wow, wow. This whole session was like synchronize swimming with the universe! You aren't in flow - you ARE the flow.

**Note:** You'll want to dig deeper into your flow analytics to make connections between why you did or didn't have flow, but if the sign-in sheet is all you can do, you'll get LOTS of data.

**Meditation:** What we're looking to see here is if there's a connection between flow and meditation. Note that this connection is only obvious when you meditate daily for about 12 to 20 minutes. Still, you'll notice a difference in how you show up and in your dedication in this one hour just from our 5-minute practice. You don't have to meditate before writing, but it gives you an extra boost if you can combine the two.

**Progress:** This section is for tracking wins and any way you like to show your progress. Could be word count, finishing a specific section, holding your seat when you want to bail...anything that is a win for you.



## Support for 2024

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**Build the writing life you long for.**



**1:1 Coaching.** Here are the creative Aha! moments about your work, process, and writing practice you've been looking for. Together, we'll get clarity on where you want to go, identify what's holding you back, and create action plans to break on through to the other side.

Get started: [www.heatherdemetrios.com/current-offerings](http://www.heatherdemetrios.com/current-offerings)

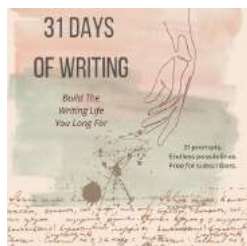


**On-demand courses.** I'm so thrilled to be able to share the 1:1 work I do in this accessible way. Whether you want to discover your process, learn how to write bingeable stories, unlock your novel, or use tarot for writing, I've got you covered!

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**Live online courses:** In 2024, I will continue to build on my popular on-demand course "Writing Bingeable Characters" with pop-up workshops diving into specific trouble areas: stakes, obstacles, pacing, writing the perfect chapter, and more. Workshop announcements will be via newsletter, so be sure to subscribe if you haven't already. (See below!)



**Become a subscriber!** Lotus & Pen newsletter readers receive my 31 Days of Writing Workbook, and a host of other worksheets and goodies, including access to the full Well Gathering archive and guided meditations for writers. You'll get my twice-monthly newsletter with special practices and writing tips each month. [Subscribe here.](#)



**Mindfulness for Writers:** Join us for the Mindful Self-Compassion for Writers workshops and retreats. I'll be offering these throughout 2024, beginning in January.

You can access my Insight Timer page for meditations at Mindfulness For Writers: <https://insighttimer.com/mindfulnessforwriters>



Are you looking for a writing coach to help you on your journey?

## Let's Connect



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**Heather Demetrius** is a critically acclaimed author, writing coach, editor, and teacher. Her books include *Little Universes*, *Code Name Badass*, and *I'll Meet You There*. Thousands of writers meditate with Heather on her Mindfulness For Writers Insight Timer page. She is the founder of *The Well*, a women's community and resource for writer wellness. Visit [www.heatherdemetrius.com](http://www.heatherdemetrius.com) to learn more about Heather, her books, and her offerings for writers.