

## *Working With Spirit – Creating Boundaries*

This worksheet should assist you in creating boundaries with Spirit. Once you have it set on this worksheet, take the time to write a letter to Spirit, date and sign it and keep it with you. This is an important contract you have with Spirit. Trust that if a message needs to get through to someone that it will. You are an important part of this process, and your time is just as valuable.

This is a work in process, as you grow this may/can/should change – remember you are always in control. You may have an opening/closing prayer for your day, and if you are delivering multiple messages you may have another.

|                              |  |                    |  |
|------------------------------|--|--------------------|--|
| <b>Your Name:</b>            |  |                    |  |
| <b>Date:</b>                 |  | <b>Gatekeeper:</b> |  |
| <b>Open Prayer:</b>          |  |                    |  |
| <b>Close Prayer:</b>         |  |                    |  |
| <b>Hours of Work:</b>        |  |                    |  |
| <b>Never Bother Me when:</b> |  |                    |  |
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| <b>I do not work with these types of messages:</b> |  |
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| <b>Other Rules you wish to set:</b>                |  |
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