



CREATING YOUR CREATIVE ACTION PLAN

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STEP ONE

Take some time to brainstorm your creative projects, hobbies that bring you joy, and hobbies you've always wanted to try.

Creative hobbies I already have:

Creative hobbies I want to try:

Simple things that bring me joy:

STEP TWO

Take a look at all of the things you brainstormed on the previous page—and pick one hobby that you already have and one that you want to try. Now brainstorm projects you could work on to pursue these hobbies. If one of these hobbies is one of the less-obvious creative hobbies—for example, running—brainstorm goals you could chase.

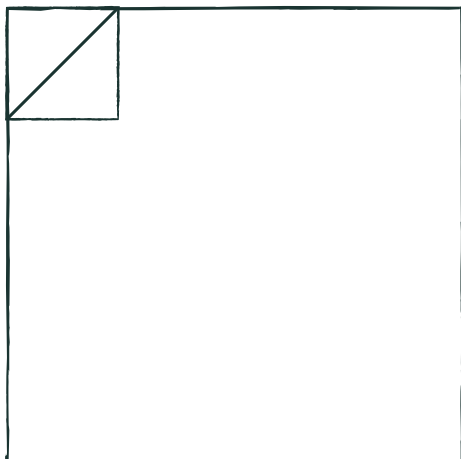
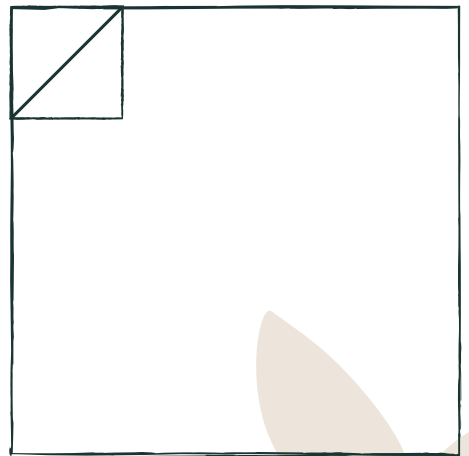
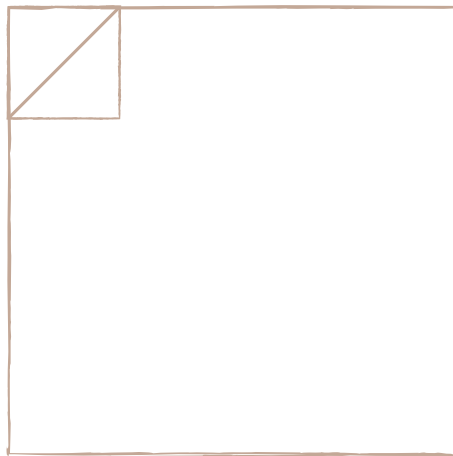
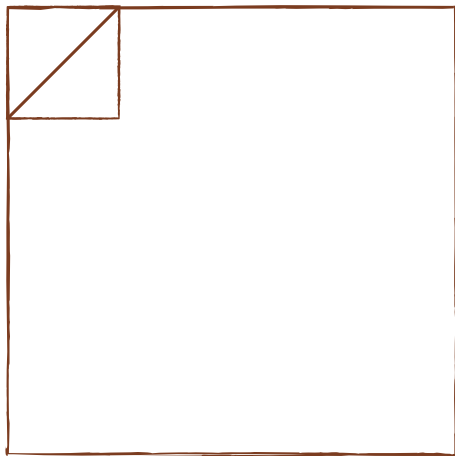
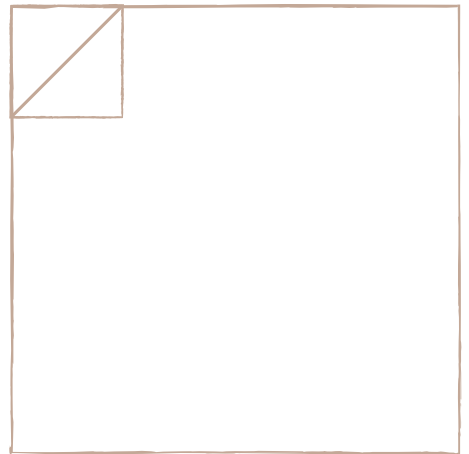
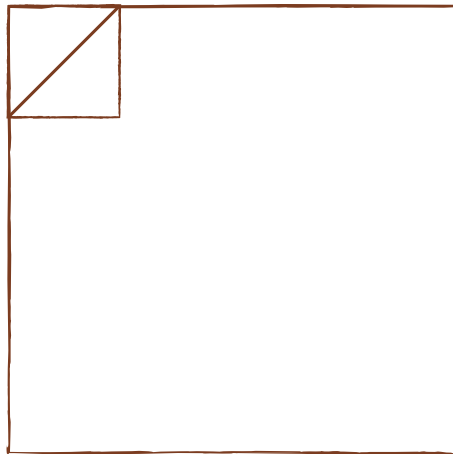
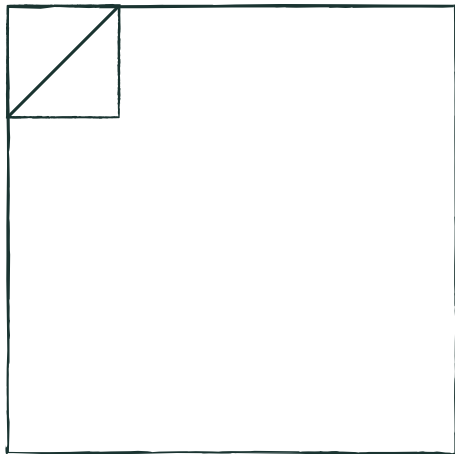
HOBBY

HOBBY

fill
your
cup

STEP FOUR

Take some of the first steps to completing your project that you brainstormed on the previous page and pencil them into the next week, so that you can start to take action and flex your creative muscles.



Action Items for Next Week:



TIPS AND THINGS TO CONSIDER:

You may be wondering why you brainstormed some simple things that bring you joy in the first page—here's why: when you're trying to start a new creative project, the most important thing is to turn practicing that hobby/art until it becomes a habit.

You are more likely to follow through on a habit if it's paired with something that you already enjoy doing or something small that brings you joy, AND if you provide yourself with enough clarity around when, where, and what you'll be doing each time you sit down to work on your project and build this new habit.

If you truly love and savor your cup of coffee, try drinking your coffee at your desk where you will then work on your project. Consider this while you're scheduling your day with little pockets of creativity.

It can also be helpful to jot down a few reasons why you want to pursue each hobby; what seems intriguing about it? Who do you think you'll become if you turn this hobby into a habit? What benefits will you see later in the year if you're consistent?

STEP FIVE

Take it day by day. Schedule the action items you brainstormed on the previous page into your calendar. Even if you can only find 15 minutes, bringing more fun, creative energy into your life will make a big difference.

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TIPS AND THINGS TO CONSIDER:

- 1** Keep track of how you feel this week!
- 2** Carry a journal or create a note on your phone just for ideas related to your project that come up while you're on the go.
- 3** If you miss a scheduled time to work on your project, go easy on yourself! This is new, but if you're kind to yourself, and you brush it off, you can get right back on track.
- 4** Make some room in your schedule to find quiet, calm and stillness. Action is important, but so is rest—inspiration often finds us when we've managed to quiet all of our usual worries.
- 5** Create reminders like a poster or habit tracker that you can hang on the wall somewhere you will see it every day, or create a desktop background that portrays your goal/habit/hobby to remind you of why you're trying to bring more creativity and joy into your life.
- 6** Have fun! Experiment! Explore! Try something new! The point of living a creative life is to bring more joy into your daily life, to find the things that help you reach a state of flow, and to allow these projects to inspire you to be bolder and more authentic in other areas of your life. Do what feels right, listen to your intuition, and lose track of time. You won't regret it.

