

Creative Habit Blueprint

Let's design (and test!) a simple daily art habit you'll love to keep.

STEP #1: MAKE A PLAN

What

Choosing your creative projects or activities in advance can make it easier to jump straight in when the time comes. **What** will you create first?

When

Finding a consistent time to create (and experimenting with different times to fit your schedule) is key to building a habit that sticks. **When** are you often naturally the most creative?

Where

Your environment plays a huge role in your creative mindset. Identify a space that inspires you and has the materials you need, whether it's a cozy corner of your home or a local café. **Where** you can you focus and let your creativity flow?

Keep going...you're almost there!

How

Developing a simple pre-creative ritual can help signal your brain and spirit that it's time to create. It can be as easy as brewing a cup of tea, lighting a candle, or playing a specific playlist. **How** will you shift into creative mode?

Well done! You've planned the basic structure of your creative habit.
Now for the fun part...it's time to put it to the test!

STEP #2: TEST THE PLAN

For a week, **practice the habit you've outlined**. Aim for five sessions in the week. Each day, take a few minutes to reflect on how it's going. Celebrate your successes, big or small, and note anything that's *not* working yet.

	What went well?	What would you like to change?
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		

Pssst! If you need more space, use your favorite journal instead!

STEP #3: REFLECT & IMPROVE

After you've practiced your habit for five days (or done your very best to!), take a pause to reflect on your experience. With **curiosity** (instead of self-judgment) think about what factors contributed to your success, and what factors didn't.

Reflection Questions

Were you able to practice your creative habit for five days in the last week?
If not, what got in the way?

What patterns did you notice over the course of the week? Are there things that repeatedly helped or hindered your efforts to create?

How did you generally *feel* when you finished creating? Did you enjoy the time spent? Did you notice any ripple effects (good or bad) in your life?

What were your biggest triumphs, and how can you magnify the good aspects of this habit on the path forward?

Now, **fine-tune** your Creative Habit Blueprint using the information you gained from testing the habit for a week. On the next page, capture the habit you'll carry forward.

STEP #4: CARRY YOUR HABIT FORWARD

Your creative habit will grow and evolve to fit into your ever-changing life. Below, capture the habit you'd like to carry forward for now. Then put this page somewhere you'll see it, so it stays top-of-mind until the habit becomes second nature.

Creative Habit Blueprint

What

What will you focus on (for now) during your creative time?

When

When can you consistently show up for your creative time?

Where

Where will you go to focus and let your creativity flow?

How

How will you help yourself shift into creative mode?
