

TRY THIS

Your 30-day challenge

Build momentum

Commit to a 30-day creative challenge of your choice. Use the 30 spaces below to log your process. Put a mark in each space to celebrate your commitment to show up for your creativity. Keep a reflection notebook during the process. At the end of 30 consecutive days of practice, consider how you experienced creative momentum. Did you feel that “magic moment” of flow kick in? When did it happen? What emotions came up?

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30