

Start with a Creative Bite

(Because bites are less overwhelming.)

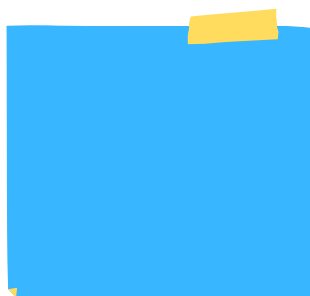
Write down the *Creative Bite* you are practicing this week...



Set a Time: 5-20 minutes each day

Tip: If you struggle with self-discipline, try using the same time slot in your day to help build a method and rhythm.

Repeat every day for a week.



See what happens!

Use your notebook each day to follow your process and reflect on your practice. Or, keep it simple and write one sentence on your daily post-its above that describes your experience, emotions, or insights for that day.