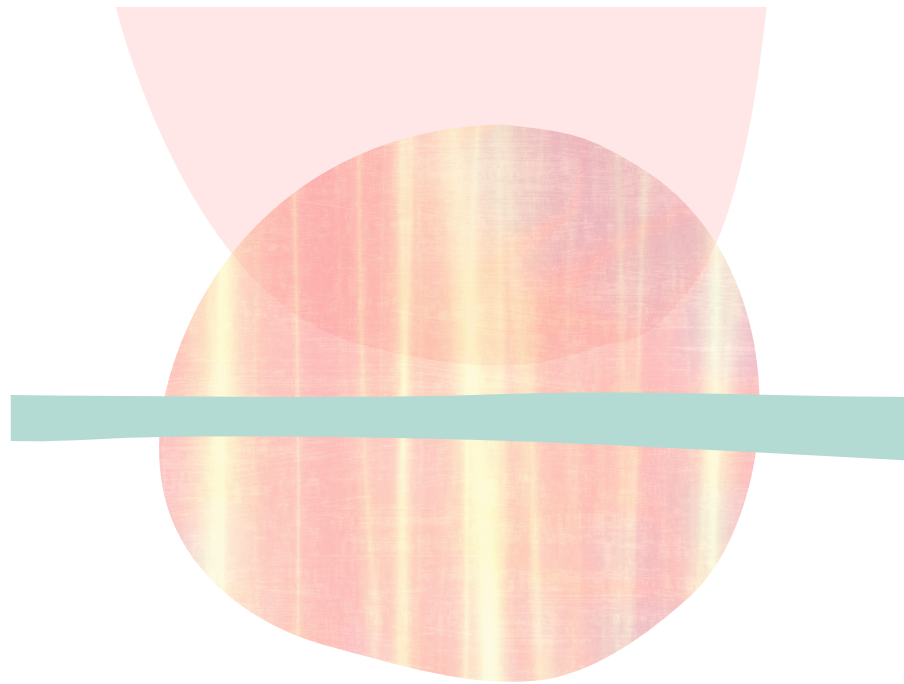


SETTING UP

Beginning your holistic creativity habit



INSIDE THIS WORKSHEET:

Choose
(12 minutes)

Begin
(5 minutes)

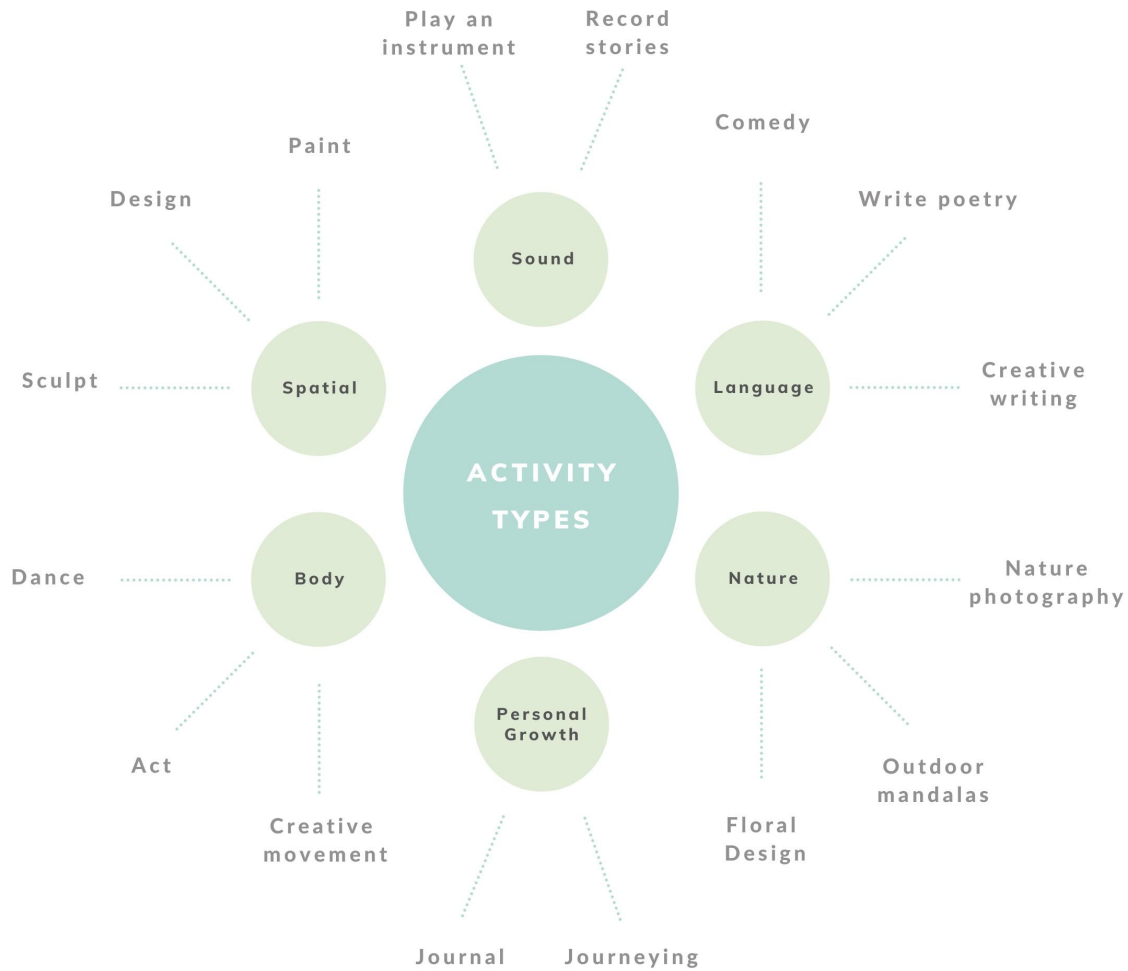
Commit
(10 minutes)

GET STARTED

This worksheet will help you take those first steps. For extra accountability, I've included optional project planning worksheets to keep you organized and on track.

Make this commitment to yourself: invite your heart into your day.

To begin, take a few deep breaths, grab a cup of tea and let's begin!



It's time to pick the activity you will use to develop your holistic creative practice.

All creative endeavors that allow for expression are excellent, not just art. Almost any subject can be turned into a creative practice. For example, if you love learning new languages, use one of the languages you know to write poetry or comedy.

Consider what type of activities you enjoy and expand from there. For example, if you love nature think of some creative activities you can do surrounded by it. Ideas might include writing poetry about your favorite places in nature, artmaking with materials found outside, or using foraged plants in your cooking creations.

You don't need to choose just one!

By the end of this next exercise you will have chosen an activity that isn't about being the best, getting extra cash, or impressing someone else. Instead you will have taken the first steps to begin a practice that's true to your intuition, feelings, and desires.

So grab a timer and a pen and let's get started!

From the circled activities, write down 1-3 to focus on. (2 minutes)

Write down what you hope to gain by starting a holistic creative habit. This is helpful to look at when the inevitable shiny newness of it begins to dull. Shout out to your future self! (3 minutes)

High Five!!! Now you are more than ready to begin!

Begin

What can you do today that's expressive?

It's totally fine if you don't have all your supplies ready, what's important is to begin with what you have and expand your collection from there. **Start before you feel ready.** Begin taking action with your process before having things “perfectly” set up! Perfectionism is just your inner critic trying to cramp your style.

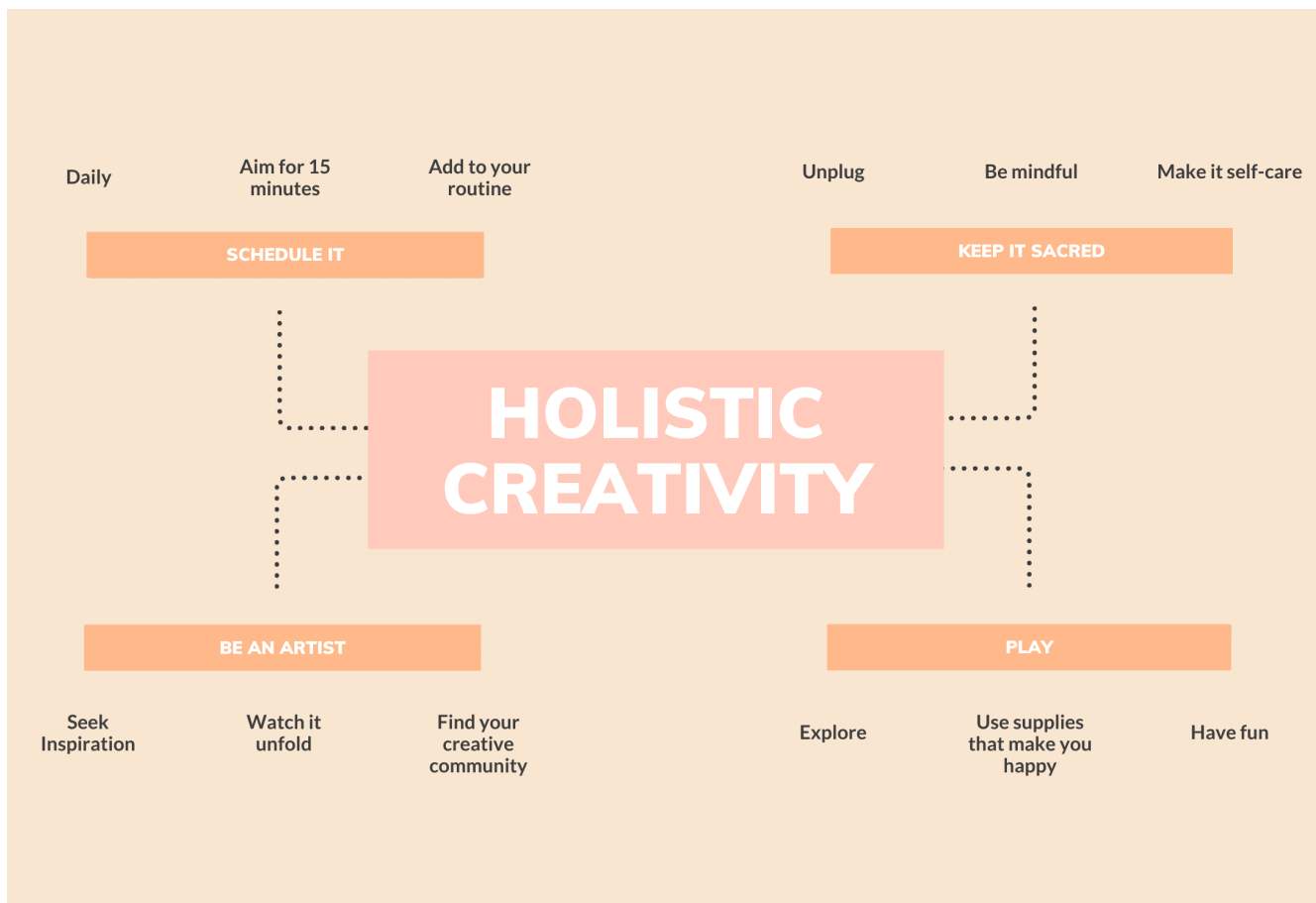
Are there parts of your process you can do during the next 8-10 hours? List them below (2 minutes)

Put this worksheet aside and begin one of the steps from above!

Or write here when you'll set aside 5-15 minutes today to begin your practice (1 minute)

List 2 alternate times so you have no excuses. (2 minute)

Hint: You could have started already! Forget this square, just do your practice for the next minute. Even if you have no supplies, move your body, or use that pen you're holding and make some expressive marks on the back of this page.



Commit

Do you love the feeling of checking things off your to do list? Are you ready to dive deep into the process? Yes! Then this section is for you. If you're more of a free spirit who doesn't want to be tied down with dates, then I invite you to skip this and begin the "Apply Your Why" worksheet.

Write down 1-2 times per day that work most weeks. Then cut it out along the dotted line and put it somewhere you will see it daily. (2 minutes)

“Attention is the
beginning of devotion”

MARY OLIVER

My Daily Creative Habit

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Choose your review dates

Reviews are a time to help clarify your overall vision, see your progression and examine if you're still feeling aligned with your practice.

Tip: Four dates evenly spaced over the year is a great place to start. It can help to set themes with your dates. For example, the first Friday each quarter.

Circle the months you'll do a check in. (2 minutes)

| | | | |
|-----------|----------|----------|----------|
| January | February | March | April |
| May | June | July | August |
| September | October | November | December |


Incorporate dates with your current calendar whether it's online or on paper. (5 minutes)

Tip: Set reminders for yourself, written and/or online.

Checklist

Time for the sweet satisfaction of checking off little boxes (30 seconds-optional)

- Brainstorm activity ideas
- Choose your expressive habit(s)
- Begin today
- Decide times for each day of the week
- Hang your weekly calendar where you will see it
- Choose your review months
- Transfer your daily schedule and review dates into your main calendar



You've completed your start,
but hold on to your beginner's mind.
It will serve you well.

Next step: use the Apply Your Why worksheet when you want to refresh your practice

Sign up for my newsletter to access everything in my resource library plus bonuses. You'll find ALL the worksheets at: www.habitrefresh.com/resources

Keep your momentum going!

Go to habitrefresh.com for articles to keep you inspired, to meet others with a creative expression habit, and stay posted on seasonal challenges. Share pictures/video of you doing your creative expression habit with #habitrefresh, don't forget to tag my instagram @habitrefresh so you can help inspire other expressionists!

I believe in you and I'm so excited for the journey you're beginning!

Sending love,

